

HEALTH 'N ME! Grade Two

Lessons	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Introductory Unit <u>Lesson 1: Here We Go!</u>	Identify appropriate health practices that affect self and others. 1:1:c Recognize characteristics of emotional, social, and physical health. 1:2:b Identify the elements of good health. 3:2:a Identify personal choices that affect health. 3:3:a Recognize behaviors which help or hinder effective communication. 4:2:b Identify characteristics of healthy community. 5:1:a	Explore scientific investigations. 1:2:a Demonstrate safety when engaged in scientific activity. 1:2:c	Write to determine what is known about specific topics. 2:4:a Present information in a clear and logical form. 4:1:b
<u>Lesson 2: Feelings-Our Own and Others'</u>	Identify good personal hygiene practices. 1:1:b Recognize characteristics of emotional, social, and physical health. 1:2:b Identify the elements of good health. 3:2:a Identify personal choices that affect health. 3:3:a Identify healthy ways to express needs, wants, and feelings. 4:2:a		Write to clarify the meaning of new information. 2:4:b Use questions to gain understanding of oral/visual information. 3:3:b Identify the purpose of various oral presentations. 4:2:b
<u>Lesson 3: My Friends-Keeping Me Well</u>	Recognize characteristics of emotional, social, and physical health. 1:2:b		Write to clarify the meaning of new information. 2:4:b

	Identify the elements of good health. 3:2:a	Identify the basic intent of various oral and visual messages e.g. advertisements. 3:2:a
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Lessons	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
<u>Lesson 3 (Cont.)</u>	<p>Identify personal choices that affect health. 3:3:a</p> <p>Identify effective interpersonal communication skills. 4:1:c</p> <p>Recognize behaviors which help or hinder effective communication. 4:2:b</p>		Use questions to gain understanding of oral/visual information. 3:3:b
<u>Lesson 4: Health Habits That Keep Us Well</u>	<p>Identify good personal hygiene practices. 1:1:b</p> <p>Recognize characteristics of emotional, social, and physical health. 1:2:b</p> <p>Identify common health problems of children. 1:2:c</p> <p>Identify harmful behaviors. 3:1:a</p> <p>Identify practices which promote personal well-being. 3:1:c</p> <p>Identify the elements of good health. 3:2:a</p> <p>Understand the importance of achieving and maintaining good health. 3:2:b</p> <p>Recognize level of current personal health. 3:2:c</p> <p>Identify personal choices that affect health. 3:3:a</p>		<p>Draw upon prior knowledge and experience to understand unfamiliar texts. 1:1:c</p> <p>Write to determine what is known about specific topics. 2:4:a</p> <p>Use organization skills to assist in recall of oral/visual information. 3:3:c</p> <p>Use various resources to support oral presentations, e.g., drawings, posters. 4:3:c</p>

Lesson 5: Nutritious Food To Keep Us Well	<p>Identify good personal hygiene practices. 1:1:b</p> <p>Recognize characteristics of emotional, social, and physical health. 1:2:b</p> <p>Identify the elements of good health. 3:2:a</p>	<p>Draw upon prior knowledge and experience to understand unfamiliar texts. 1:1:c</p> <p>Write to clarify the meaning of new information. 2:4:b</p> <p>Present information in a clear and logical form. 4:1:b</p>
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Lessons	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 5 (Cont.)	<p>Understand the importance of achieving and maintaining good health. 3:2:b</p> <p>Recognize level of current personal health. 3:2:c</p> <p>Identify personal choices that affect health. 3:3:a</p>		

Unit 1 Lesson 1: Awareness of Our Senses	<p>Identify good personal hygiene practices. 1:1:b</p> <p>Identify major body parts and related functions (e.g., heart - pumping blood). 1:2:a</p>	<p>Explore scientific investigations. 1:2:a</p> <p>Demonstrate understandings of scientific investigation. 1:2:b</p> <p>Demonstrate safety when engaged in scientific activity. 1:2:c</p>	<p>Write to determine what is known about specific topics. 2:4:a</p> <p>Use organization skills to assist in recall of oral/visual information. 3:3:c</p> <p>Present information in a clear and logical form. 4:1:b</p>
Lesson 2: Animals and Birds and Their Senses	<p>Identify major body parts and related functions (e.g., heart - pumping blood). 1:2:a</p> <p>Recognize cultural differences and similarities among people regarding health. 2:1:a</p> <p>Identify ways to advocate health in families and schools. 5:3:b</p>		<p>Use organization skills to assist in recall of oral/visual information. 3:3:c</p> <p>Present information in a clear and logical form. 4:1:b</p>

<p><u>Lesson 3: Safe Walking and Biking</u></p>	<p>Identify major body parts and related functions (e.g., heart - pumping blood). 1:2:a</p> <p>Identify information available from health care providers/services in the community. 1:3:a</p> <p>Identify harmful behaviors. 3:1:a</p> <p>Identify the elements of good health. 3:2:a</p>	<p>Explore scientific investigations. 1:2:a</p> <p>Demonstrate understandings of scientific investigation. 1:2:b</p>	<p>Write to determine what is known about specific topics. 2:4:a</p> <p>Use various resources to support oral presentations, e.g., drawings, posters. 4:3:c</p>
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Lessons	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
<p><u>Lesson 3 (Cont.)</u></p>	<p>Understand the importance of achieving and maintaining good health. 3:2:b</p> <p>Recognize level of current personal health. 3:2:c</p> <p>Identify personal choices that affect health. 3:3:a</p> <p>Identify the attributes of personal responsibility. 3:3:b</p>		

<p><u>Unit 2 Lesson 1: Eyes and Ears Working Together</u></p>	<p>Identify good personal hygiene practices. 1:1:b</p> <p>Identify major body parts and related functions (e.g., heart - pumping blood). 1:2:a</p> <p>Identify the elements of good health. 3:2:a</p> <p>Understand the importance of achieving and maintaining good health. 3:2:b</p> <p>Recognize level of current personal health. 3:2:c</p>	<p>Explore scientific investigations. 1:2:a</p> <p>Demonstrate understandings of scientific investigation. 1:2:b</p>	<p>Write to clarify the meaning of new information. 2:4:b</p> <p>Identify the basic intent of various oral and visual messages e.g. advertisements. 3:2:a</p> <p>Use accepted language in personal communication. 4:2:c</p>
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	Identify personal choices that affect health. 3:3:a Identify various communication techniques used with family and peers. 4:1:b		
Lesson 2: Discovering Noise Pollution	Recognize cultural differences and similarities among people regarding health. 2:1:a Identify examples of technology used in health. 2:1:c Identify harmful behaviors. 3:1:a	Demonstrate understandings of scientific investigation. 1:2:b Demonstrate safety when engaged in scientific activity. 1:2:c	Draw upon prior knowledge and experience to understand unfamiliar texts. 1:1:c Write to clarify the meaning of new information. 2:4:b

Lessons	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 2 (Cont.)	Identify the elements of good health. 3:2:a Understand the importance of achieving and maintaining good health. 3:2:b Recognize level of current personal health. 3:2:c Identify personal choices that affect health. 3:3:a Identify ways to support others in making healthy choices. 5:3:a		
Lesson 3: How The Senses Work Together	Identify good personal hygiene practices. 1:1:b Identify major body parts and related functions (e.g., heart - pumping blood). 1:2:a Identify various communication techniques used with family and peers. 4:1:b Recognize behaviors which help or hinder effective communication. 4:2:b		Identify different information sources to use for various purposes, e.g., Internet, CD-ROM, and printed materials. 1:4:a Present information in a clear and logical form. 4:1:b

<p>Unit 3 Lesson 1: How Our Eyes See</p>	<p>Identify good personal hygiene practices. 1:1:b</p> <p>Recognize characteristics of emotional, social, and physical health. 1:2:b</p> <p>Identify harmful behaviors. 3:1:a</p> <p>Identify the elements of good health. 3:2:a</p>		<p>Identify the appropriate materials/resources needed to explore specific topics. 1:4:b</p> <p>Write to clarify the meaning of new information. 2:4:b</p> <p>Identify the basic intent of various oral and visual messages e.g. advertisements. 3:2:a</p> <p>Present information in a clear and logical form. 4:1:b</p>
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Lessons	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 1 (Cont.)	<p>Identify personal choices that affect health. 3:3:a</p>		
Lesson 2: Eye Dissection	<p>Recognize cultural differences and similarities among people regarding health. 2:1:a</p> <p>Identify the elements of good health. 3:2:a</p> <p>Identify personal choices that affect health. 3:3:a</p>	<p>Explore scientific investigations. 1:2:a</p> <p>Demonstrate understandings of scientific investigation. 1:2:b</p> <p>Demonstrate safety when engaged in scientific activity. 1:2:c</p>	<p>Use questions to gain understanding of oral/visual information. 3:3:b</p>
Lesson 3: Eye Problems and What to Do	<p>Identify good personal hygiene practices. 1:1:b</p> <p>Identify common health problems of children. 1:2:c</p> <p>Identify health practices which help prevent disease. 1:3:c</p> <p>Identify practices which promote personal well-being. 3:1:c</p> <p>Identify the elements of good health. 3:2:a</p>		<p>Draw upon prior knowledge and experience to understand unfamiliar texts. 1:1:c</p> <p>Present information in a clear and logical form. 4:1:b</p>

	Recognize level of current personal health. 3:2: c		
	Identify personal choices that affect health. 3:3:a		
Lesson 4: How Our Ears Hear	Identify major body parts and related functions (e.g., heart - pumping blood). 1:2:a	Explore scientific investigations. 1:2:a	Write to determine what is known about specific topics. 2:4:a
	Recognize resources needed to implement health plans. 5:2:b	Demonstrate understandings of scientific investigation. 1:2:b	Identify the basic intent of various oral and visual messages e.g. advertisements. 3:2:a Present information in a clear and logical form. 4:1:b

Lessons	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 5: Ear Problems and What To Do	Identify good personal hygiene practices. 1:1:b		Write to clarify the meaning of new information. 2:4:b
	Identify common health problems of children. 1:2:c		Present information in a clear and logical form. 4:1:b
	Identify health practices which help prevent disease. 1:3:c		
	Identify the role of various local health agencies and/or services. 2:2:a		
	Identify harmful behaviors. 3:1:a		
	Identify the elements of good health. 3:2:a		
	Identify personal choices that affect health. 3:3:a		
	Recognize resources needed to implement health plans. 5:2:b		
Unit 4			

<p><u>Lesson 1: Respecting People With Hearing Impairments</u></p>	<p>Identify good personal hygiene practices. 1:1:b</p> <p>Identify the role of various local health agencies and/or services. 2:2:a</p> <p>Understand the importance of achieving and maintaining good health. 3:2:b</p> <p>Recognize level of current personal health. 3:2:c</p> <p>Identify effective interpersonal communication skills. 4:1:c</p> <p>Recognize behaviors which help or hinder effective communication. 4:2:b</p>	<p>Identify the appropriate materials/resources needed to explore specific topics. 1:4:b</p> <p>Present information in a clear and logical form. 4:1:b</p>
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Lessons	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
<p><u>Lesson 2: Visual Impairments</u></p>	<p>Identify good personal hygiene practices. 1:1:b</p> <p>Identify health practices which help prevent disease. 1:3:c</p> <p>Identify the role of various local health agencies and/or services. 2:2:a</p> <p>Recognize behaviors which help or hinder effective communication. 4:2:b</p>		<p>Identify different information sources to use for various purposes, e.g., Internet, CD-ROM, and printed materials. 1:4:a</p> <p>Write to clarify the meaning of new information. 2:4:b</p> <p>Present information in a clear and logical form. 4:1:b</p>
<p><u>Lesson 3: Safe Use of Medicines</u></p>	<p>Identify good personal hygiene practices. 1:1:b</p> <p>Identify appropriate health practices that affect self and others. 1:1:c</p> <p>Identify information available from health care providers/services in the community. 1:3:a</p>		<p>Draw upon prior knowledge and experience to understand unfamiliar texts. 1:1:c</p> <p>Write to clarify the meaning of new information. 2:4:b</p> <p>Present information in a clear and logical form. 4:1:b</p>

	<p>Identify the role of various local health agencies and/or services. 2:2:a</p> <p>Identify harmful behaviors. 3:1:a</p> <p>Identify the elements of good health. 3:2:a</p> <p>Identify personal choices that affect health. 3:3:a</p> <p>Identify effective interpersonal communication skills. 4:1:c</p>	
<p><u>Lesson 4: Safe From Other Drugs: Tobacco and Nicotine</u></p>	<p>Identify good personal hygiene practices. 1:1:b</p> <p>Recognize characteristics of emotional, social, and physical health. 1:2:b</p>	<p>Draw upon prior knowledge and experience to understand unfamiliar texts. 1:1:c</p> <p>Write to determine what is known about specific topics. 2:4:a</p>

Lessons	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
<p><u>Lesson 4 (Cont.)</u></p>	<p>Identify harmful behaviors. 3:1:a</p> <p>Identify the elements of good health. 3:2:a</p> <p>Understand the importance of achieving and maintaining good health. 3:2:b</p> <p>Recognize level of current personal health. 3:2:c</p> <p>Identify personal choices that affect health. 3:3:a</p> <p>Recognize and use refusal and cooperation skills. 4:3:c</p> <p>Identify characteristics of healthy community. 5:1:a</p>		<p>Use questions to gain understanding of oral/visual information. 3:3:b</p>

<p>Lesson 5: Safe From Other Drugs: Alcohol</p>	<p>Identify good personal hygiene practices. 1:1:b</p> <p>Recognize characteristics of emotional, social, and physical health. 1:2:b</p> <p>Recognize cultural differences and similarities among people regarding health. 2:1:a</p> <p>Identify how the media affects (sic) thoughts, feeling, and personal health. 2:1:b</p> <p>Identify the elements of good health. 3:2:a</p> <p>Identify personal choices that affect health. 3:3:a</p> <p>Recognize and use refusal and cooperation skills. 4:3:c</p>		<p>Write to clarify the meaning of new information. 2:4:b</p> <p>Present information in a clear and logical form. 4:1:b</p> <p>Use accepted language in personal communication. 4:2:c</p>
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Lessons	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
<p>Lesson 6 Personally Safe</p>	<p>Identify the variety of options in health care services/treatments. 2:3:b</p> <p>Identify harmful behaviors. 3:1:a</p> <p>Identify examples of social pressure. 3:1:b</p> <p>Identify the elements of good health. 3:2:a</p> <p>Identify personal choices that affect health. 3:3:a</p> <p>Recognize and use refusal and cooperation skills. 4:3:c</p>		<p>Identify the basic intent of various oral and visual messages e.g. advertisements. 3:2:a</p> <p>Present information in a clear and logical form. 4:1:b</p>

Lesson 7: AIDS	<p>Recognize characteristics of emotional, social, and physical health. 1:2:b</p> <p>Identify harmful behaviors. 3:1:a</p> <p>Identify the elements of good health. 3:2:a</p> <p>Identify personal choices that affect health. 3:3:a</p> <p>Identify effective interpersonal communication skills. 4:1:c</p> <p>Identify characteristics of healthy community. 5:1:a</p>		<p>Draw upon prior knowledge and experience to understand unfamiliar texts. 1:1:c</p> <p>Present information in a clear and logical form. 4:1:b</p>
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Unit 5 Lesson 1: Reviewing Our Knowledge of the Eye and Ear	<p>Identify good personal hygiene practices. 1:1:b</p>	<p>Explore scientific investigations. 1:2:a</p>	<p>Gather information from different sources to make reasonable decisions. 1:4:c</p>
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Lessons	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 1 (Cont.)	<p>Identify major body parts and related functions (e.g., heart - pumping blood). 1:2:a</p> <p>Recognize characteristics of emotional, social, and physical health. 1:2:b</p> <p>Identify information available from health care providers/services in the community. 1:3:a</p> <p>Identify harmful behaviors. 3:1:a</p> <p>Identify the elements of good health. 3:2:a</p>	<p>Demonstrate safety when engaged in scientific activity. 1:2:c</p>	<p>Write to clarify the meaning of new information. 2:4:b</p> <p>Present information in a clear and logical form. 4:1:b</p>

	<p>Identify personal choices that affect health. 3:3:a</p> <p>Recognize behaviors which help or hinder effective communication. 4:2:b</p> <p>Identify characteristics of healthy community. 5:1:a</p> <p>Identify ways to advocate health in families and schools. 5:3:b</p>		
<u>Lesson 2: Eye Safety</u>	<p>Identify good personal hygiene practices. 1:1:b</p> <p>Identify major body parts and related functions (e.g., heart - pumping blood). 1:2:a</p> <p>Identify information available from health care providers/services in the community. 1:3:a</p> <p>Identify harmful behaviors. 3:1:a</p> <p>Identify the elements of good health. 3:2:a</p>	<p>Demonstrate understandings of scientific investigation. 1:2:b</p> <p>Demonstrate safety when engaged in scientific activity. 1:2:c</p>	<p>Identify the basic intent of various oral and visual messages e.g. advertisements. 3:2:a</p> <p>Use questions to gain understanding of oral/visual information. 3:3:b</p> <p>Present information in a clear and logical form. 4:1:b</p>

Lessons	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
<u>Lesson 2 (Cont.)</u>	<p>Understand the importance of achieving and maintaining good health. 3:2:b</p> <p>Recognize level of current personal health. 3:2:c</p> <p>Identify personal choices that affect health. 3:3:a</p>		
<u>Lesson 3: Healthy Snacks</u>	<p>Identify good personal hygiene practices. 1:1:b</p> <p>Identify major body parts and related functions (e.g., heart - pumping blood). 1:2:a</p>	<p>Demonstrate safety when engaged in scientific activity. 1:2:c</p>	<p>Write to determine what is known about specific topics. 2:4:a</p>

	<p>Identify information available from health care providers/services in the community. 1:3:a</p> <p>Identify harmful behaviors. 3:1:a</p> <p>Identify the elements of good health. 3:2:a</p> <p>Understand the importance of achieving and maintaining good health. 3:2:b</p> <p>Recognize level of current personal health. 3:2:c</p> <p>Identify personal choices that affect health. 3:3:a</p>	
Lesson 4: Why I'm Special	<p>Identify good personal hygiene practices. 1:1:b</p> <p>Recognize characteristics of emotional, social, and physical health. 1:2:b</p> <p>Identify the elements of good health. 3:2:a</p> <p>Understand the importance of achieving and maintaining good health. 3:2:b</p>	<p>Identify the basic intent of various oral and visual messages e.g. advertisements. 3:2:a</p> <p>Identify the purpose of various oral presentations. 4:2:b</p> <p>Use various resources to support oral presentations, e.g., drawings, posters. 4:3:c</p>

Lessons	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 4 (Cont.)	<p>Identify personal choices that affect health. 3:3:a</p> <p>Recognize level of current personal health. 3:2:c</p> <p>Identify ways to support others in making healthy choices. 5:3:a</p>		