

**New Paltz Central School District
Health
Second Grade**

Content/Essential Questions	Skills	Assessments
<ul style="list-style-type: none"> • What do I need to know to be safe and healthy? • How do I keep myself and others safe and healthy? • Who and what can help me stay safe and healthy? <hr style="border-top: 1px dashed black;"/> <ul style="list-style-type: none"> • Food supplies the energy and materials necessary for growth and repair. • Humans need a variety of healthy foods, exercise, and rest in order to grow and maintain good health. • Good health habits include hand washing and personal cleanliness; avoiding harmful substances; eating a balanced diet; engaging in regular exercise. • Students: <ul style="list-style-type: none"> ○ Possess basic knowledge and skills which support positive health choices and behaviors. ○ Understand how behaviors such as food selection, exercise, and rest affect growth and development. ○ Recognize influences which affect health choices and behaviors ○ Know about some diseases and disorders and how they are prevented and treated ○ Practice and support others in making healthy choices ○ Understand basic safety rules ○ Recognize potentially dangerous situations and know how to avoid or reduce their risk ○ Know some personal and social skills which contribute to individual safety ○ Know how to access help when illness, injury, or emergency situations occur 	<ul style="list-style-type: none"> • Classify objects according to an established scheme (classify foods using the food pyramid). • Observe, identify, and communicate cause-and-effect relationships • Collect and organize data, choosing the appropriate representations: journal entries (keep a food diary); graphic representations; drawing pictorial representations • Begin to read and understand food labels 	<ul style="list-style-type: none"> • Health and Safety pamphlet • Journals • Observation • Data collection • Graphs • Discussion