

**HEALTH
GRADE 2
CURRICULUM MAP**

1 st Nine Weeks	2 nd Nine Weeks
<p>3. Understands the relationship of family health to individual health.</p> <ul style="list-style-type: none"> • Knows effective strategies to cope with change that may occur in families (e.g., pregnancy, birth, marriage, divorce, relocation, unemployment). <p>5. Knows essential concepts and practices concerning injury prevention and safety.</p> <ul style="list-style-type: none"> • Knows basic fire, traffic, water, and recreation safety practices. • Knows precautions that should be taken in special conditions (e.g., bad weather, Halloween, darkness, staying home alone, being approached by strangers, avoiding conflicts). • Knows how to recognize emergencies and respond appropriately (e.g., uses a telephone appropriately to obtain help; identifies and obtains help from police officers, fire fighters, and medical personnel; treats simple injuries such as scratches, cuts, bruises, and first-degree burns). • Knows ways to seek assistance if worried, abused, or threatened (e.g., physically, emotionally, sexually). 	<p>9. Understands aspects of substance use and abuse.</p> <ul style="list-style-type: none"> • Knows how to distinguish between helpful and harmful substances. <p style="text-align: center;">→ Continue with #5</p>

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3rd Nine Weeks	4th Nine Weeks
<p>6. Understands essential concepts about nutrition and diet.</p> <ul style="list-style-type: none">• Classifies foods and food combinations according to the food groups. <p>7. Knows how to maintain and promote personal health.</p> <ul style="list-style-type: none">• Knows basic personal hygiene habits required to maintain health (e.g., caring for teeth, gums, eyes, ears, nose, skin, hair, nails).	<p>2. Knows environmental and external factors that affect individual and community health.</p> <ul style="list-style-type: none">• Knows sources and causes of pollution (e.g., air, ground, noise, water, food) in the community. <p>10. Understands the fundamental concepts of growth and development.</p> <ul style="list-style-type: none">• Understands individual differences (in terms of appearance, behavior).• Knows the cycle of growth and development in humans from infancy to old age.

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EMBEDDED THROUGHOUT THE SCHOOL YEAR**

8. Knows essential concepts about the prevention and control disease.

- Knows the signs and symptoms of common illnesses (e.g., fever, rashes, coughs, congestion, wheezing).

4. Knows how to maintain mental and emotional health.

- Identifies and shares feelings in appropriate ways.

1. Knows the availability and effective use of health services, products, and information.

- Knows community health service providers and their roles (e.g., paramedics, dentists, nurses, physicians, sanitarians, dietitians).