

## Diocese of Jefferson City Curriculum Guide

Content Area: Health  
 Grade Range: Second Grade  
 Section/Heading: 2A.2

Strand: Personal Health and Safety

Diocesan Standard Terra Nova Objective	Benchmark Statement
Personal Health and Safety	Identify the personal responsibility for safety strategies.

Performance Indicators		
<ol style="list-style-type: none"> <li>1. Recognize poisonous substances in the home.</li> <li>2. Avoid contact with another’s body fluids.</li> <li>3. Use playground and P.E. equipment safely.</li> <li>4. Identify bicycle safety procedures.</li> <li>5. Identify electricity safety.</li> <li>6. Use safe practices in the cafeteria, gym, playground and classroom.</li> </ol>		
Suggested Activities	Assessment	Resources

## Diocese of Jefferson City Curriculum Guide

Content Area: Health  
 Grade Range: Second Grade  
 Section/Heading: 2B.1

Strand: Substance Abuse and Use

Diocesan Standard Terra Nova Objective	Benchmark Statement
Substance Abuse and Use	Understand aspects of substance abuse and use.

Performance Indicators		
<ol style="list-style-type: none"> <li>1. Demonstrate an understanding and acceptance of various family structures.</li> <li>2. Explain the concept of stress and identify positive ways to deal with it.                             <ol style="list-style-type: none"> <li>a. Understand that people have problems.</li> <li>b. Demonstrate problem-solving strategies.</li> <li>c. Know it is acceptable to ask others for help.</li> <li>d. Recognize the variety of feelings experienced as part of everyday life.</li> </ol> </li> <li>3. Identify qualities of a good friend.</li> <li>4. Describe the harmful effects of tobacco and alcohol on the body.</li> </ol>		
Suggested Activities	Assessment	Resources

## Diocese of Jefferson City Curriculum Guide

Content Area: Health  
 Grade Range: Second Grade  
 Section/Heading: 2C.1

Strand: Consumer Health

Diocesan Standard Terra Nova Objective	Benchmark Statement
Consumer Health	Know the availability and effective use of health services, products and information.

Performance Indicators		
<ol style="list-style-type: none"> <li>1. Analyze the problems related to good consumer health and decisions about health care services and products.</li> <li>2. Identify the impact of advertising and other influences on the use of health care products and services and what the individual or family does to identify and use the most effective ones.</li> </ol>		
Suggested Activities	Assessment	Resources

## Diocese of Jefferson City Curriculum Guide

Content Area: Health  
 Grade Range: Second Grade  
 Section/Heading: 2D.1

Strand: Health and Disease Prevention

Diocesan Standard Terra Nova Objective	Benchmark Statement
Health and Disease Prevention	Know how to maintain and promote personal health.

Performance Indicators		
<ol style="list-style-type: none"> <li>1. Describe the advantages of maintaining a healthy lifestyle.</li> <li>2. Identify the signs, symptoms and treatment for common childhood health problems (colds, influenza, chicken pox, mumps, conjunctivitis, ear infections, diarrhea, impetigo, head lice, etc.).</li> </ol>		
Suggested Activities	Assessment	Resources

## Diocese of Jefferson City Curriculum Guide

Content Area: Health  
 Grade Range: Second Grade  
 Section/Heading: 2E.1

Strand: Environment and Community

Diocesan Standard Terra Nova Objective	Benchmark Statement
Environment and Community	Understand environmental and external factors that affect individual and community health.

Performance Indicators		
<ol style="list-style-type: none"> <li>1. Identify environmental problems (i.e. air, water, land and noise pollution) and how they affect health.</li> <li>2. Explain the need for conservation of our natural resources and how it can affect health.</li> </ol>		
Suggested Activities	Assessment	Resources

## Diocese of Jefferson City Curriculum Guide

Content Area: Health  
 Grade Range: Second Grade  
 Section/Heading: 2F.1

Strand: Mental Health

Diocesan Standard Terra Nova Objective	Benchmark Statement
Mental Health	Know how to maintain mental and emotional health.

Performance Indicators		
<ol style="list-style-type: none"> <li>1. Analyze social and mental problems arising from peer pressure and give specific ways to control the pressure and make good decisions.</li> <li>2. Identify ways to promote personal mental health when in conflicting situations with others (i.e. peers, parents, persons in authority, older persons or groups) with different beliefs and attitudes.</li> <li>3. Identify ways to help oneself and others develop positive self concepts.</li> </ol>		
Suggested Activities	Assessment	Resources

## Diocese of Jefferson City Curriculum Guide

Content Area: Health  
 Grade Range: Second Grade  
 Section/Heading: 2G.1

Strand: Nutrition

Diocesan Standard Terra Nova Objective	Benchmark Statement
Nutrition	Understand essential concepts about nutrition and diet.

Performance Indicators		
<ol style="list-style-type: none"> <li>1. Identify how the body is affected by poor food choices and what can be done by oneself to prevent the effects on the body.</li> <li>2. Identify the nutritional needs of individuals and the problems facing people in securing a balanced diet.</li> </ol>		
Suggested Activities	Assessment	Resources