

**HEALTH/FAMILY LIFE
GRADE TWO COURSE CONTENT OUTLINE**

- UNIT I. Injury Prevention and Personal Safety**
- Safe vs. unsafe
 - Personal safety routines
 - Types of touches
- UNIT II. Nutrition**
- Role of nutrients
 - Responsible food choices
 - Nutrition & self worth
- UNIT III. Functions of the Body**
- Parts & functions of the brain
 - Heart, muscles & skin functions & health routines
 - Effects of smoking
- UNIT IV. Growth & Development/The Cycle of Family Life**
- Babies grow & change
 - Defining family
 - Responsibility in families
- UNIT V. HIV/AIDS and Illness Prevention**
- Defining germs
 - Sick & well
 - Antibodies
- UNIT VI. Substance Abuse Prevention**
- Identify drug types (nicotine, alcohol, street drugs)
 - Importance of healthy choices
 - Positive ways to solve problems
- UNIT VII. Community Health & Safety (With Violence Prevention)**
- Community safety rules & laws
 - Ways you might hurt others & they might hurt you
 - Bullying
- UNIT VIII. Self Worth, Mental and Emotional Health**
- Identify special qualities in self and others
 - Coping with fear
 - Recognizing prejudice
- UNIT IX. Environmental and Consumer Health**
- Sun damage and protection
 - Asthma and air pollution
 - Second-hand smoke
- UNIT X. Physical Fitness**
- Benefits of exercise on the heart, muscles and bones
 - Actions that help or hurt
 - Rules for safe play