

Course Description

Grade 2 Health

Philosophy Statement: God's Word states that our bodies are a temple in which His Spirit dwells. Health education consists of health knowledge, personal health awareness, and the skills to apply healthful living strategies. Students are taught to develop goals and plans which enables them to honor God by caring for His temple. Through the study of a Bible-based view of health, each student will develop a better appreciation of the body, mind, and spirit that God has given them.

Course Description: Health class helps students examine lifestyles, select goals, and make plans to achieve and maintain optimum health. Students will be encouraged to choose behaviors that promote health and prevent illness and accidents. Health provides current facts in the areas of physical health, mental and spiritual health, family and social health, growth and development, personal health, nutrition and fitness.

Textbooks:

Materials:

- Nutrition Pyramid
- Mypyramid.gov

Time Allotment: 4 weeks, 3rd quarter and 30 minutes per day/ 5 days per week

Course Content:

- Nutrition
- Diet
- Healthy eating
- Vitamins
- Food Groups
- Create healthy meal
- Serving Size

Areas to be evaluated:

- Student work
- Student Projects
- Tests

Additional activities:

- Create healthy meal
- Create food pyramid
- Track Daily Food Choice