

## Scope and Sequence: Grade Two *Healthy Choices, Healthy Me!*

Each of the Grade Two *Healthy Choices, Healthy Me!* activities are aligned to California and National Education Standards. Alignments include reading of *The Market Mystery*, completion of student workbook activities and classroom discussions.

CALIFORNIA EDUCATION STANDARDS (GRADE 2)		Activity 1: Fruits & Vegetables	Activity 2: Meats, Beans & Nuts and Grains, Breads & Cereals	Activity 3: Milk & Milk Products and Extras	Activity 4: Mixed Foods	Activity 5: What's for Breakfast?	Activity 6: Snack Time	Activity 7: Moving Around	Activity 8: What's Missing?	Activity 9: Balance It	Activity 10: My Balanced Meal
<b>HEALTH FRAMEWORK FOR CALIFORNIA SCHOOLS</b>											
Expectation 1	Students will demonstrate ways in which they can enhance and maintain their health and well-being.	•	•	•	•	•	•	•	•	•	•
Expectation 4	Students will understand and demonstrate how to play a positive, active role in promoting the health of their families.				•	•	•	•	•	•	•
<b>NUTRITION COMPETENCIES FOR CALIFORNIA STUDENTS</b>											
Competency 2	Understand and practice making healthy food choices including planning and preparing snacks and meals, assessing personal needs, and applying strategies to reach personal nutrition goals.					•	•		•	•	•
Competency 8	Explore factors that contribute to achieving and maintaining a healthy body and positive body image such as physical activity, good choices, genetics, and self-esteem.	•	•	•	•	•	•	•	•	•	•
Competency 10	Explore the variety of food-related careers.	•	•	•	•	•	•	•	•	•	•
<b>PHYSICAL EDUCATION CONTENT STANDARDS</b>											
Standard 4	Demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance. <u>Fitness Concepts</u> 4.1 Explain the fuel requirements of the body during physical activity and inactivity. 4.2 Explain that the body needs to move regularly in moderate to vigorous physical activity to achieve or maintain good health. 4.3 List ways to increase physical activity time outside of school.							•			
<b>ENGLISH-LANGUAGE ARTS CONTENT STANDARDS</b>											
2.0 Reading Comprehension	Comprehension and Analysis of Grade-Level Appropriate Text 2.5 Restate facts and details in the text to clarify and organize ideas. 2.6 Recognize cause-and-effect relationships in a text.	•	•	•	•	•	•	•	•	•	•
1.0 Writing Strategies	Organization and Focus 1.1 Group related ideas and maintain a consistent focus.	•	•	•		•	•	•		•	•
	Penmanship 1.2 Create readable documents with legible handwriting.	•	•	•		•	•	•		•	•
1.0 Written and Oral English Language Conventions	Written and Oral English Language Conventions 1.0 Students write and speak with a command of standard English conventions appropriate to this grade level: sentence structure, grammar, punctuation, capitalization, and spelling.	•	•	•		•	•	•		•	•
1.0 Listening and Speaking Strategies	Comprehension 1.1 Determine the purpose or purposes of listening (e.g., to obtain information, to solve problems, for enjoyment).	•	•	•	•	•	•	•	•	•	•
<b>MATH CONTENT STANDARDS</b>											
Number Sense	1.0 Students understand the relationship between numbers, quantities, and place value in whole numbers up to 1,000.				•						
Statistics, Data Analysis, and Probability	1.0 Students collect numerical data and record, organize, display, and interpret the data on bar graphs and other representations. 1.1 Record numerical data in systematic ways, keeping track of what has been counted. 1.2 Represent the same data set in more than one way (e.g., bar graphs and charts with tallies).				•						

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<b>NATIONAL HEALTH EDUCATION STANDARDS</b>											
Standard 1	Students will comprehend concepts related to health promotion and disease prevention.	•	•	•	•	•	•	•	•	•	•
Standard 3	Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.					•	•	•		•	•
Standard 6	Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.	•	•	•	•	•	•	•	•	•	•
Standard 7	Students will demonstrate the ability to advocate for personal, family, and community health.					•	•	•		•	•
<b>NATIONAL STANDARDS FOR PHYSICAL EDUCATION</b>											
Standard 6	Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.							•			
<b>PRINCIPLES AND STANDARDS FOR SCHOOL MATHEMATICS</b>											
Number and Operations Standard	Understand numbers, ways of representing numbers, relationships among numbers, and number systems.				•						
Data Analysis and Probability Standard	Formulate questions that can be addressed with data and collect, organize and display relevant data to answer them; represent data using concrete objects, pictures, or graphs.				•				•	•	
<b>NATIONAL SCIENCE EDUCATION STANDARDS</b>											
Content Standard C: Life Science	The Characteristics of Organisms • Organisms have basic needs. For example, animals need air, water, and food; plants require air, water, nutrients, and light.	•	•	•	•	•	•	•	•	•	•
Content Standard F: Science in Personal and Social Perspectives	Personal Health • Nutrition is essential to health. Students should understand how the body uses food and how various foods contribute to health. • Individuals have some responsibility for their own health. Students should engage in personal care—dental hygiene, cleanliness, and exercise—that will maintain and improve health.	•	•	•	•	•	•	•	•	•	•
<b>NATIONAL STANDARDS FOR THE ENGLISH LANGUAGE ARTS</b>											
Standard 3	Students apply a wide range of strategies to comprehend, interpret, evaluate, and appreciate texts.	•	•	•	•	•	•	•	•	•	•
Standard 12	Students use spoken, written, and visual language to accomplish their own purposes (e.g., for learning, enjoyment, persuasion, and the exchange of information).	•	•	•	•	•	•	•	•	•	•
<b>CURRICULUM STANDARDS FOR SOCIAL STUDIES</b>											
Standard VII: Production, Distribution, and Consumption	d. Describe how we depend upon workers with specialized jobs and the ways in which they contribute to the production and exchange of goods and services.	•	•	•	•	•	•	•	•	•	•

## California Education Standards

- *Health Framework for California Public Schools (Kindergarten Through Grade Twelve)*, California Department of Education, 2003.
- *Nutrition Competencies for California's Children (Pre-Kindergarten Through Grade 12)*, California Department of Education, Nutrition Services Division, Education and Training Unit, 2001.
- *Physical Education Content Standards for California Public Schools (Kindergarten Through Grade Twelve)*, California Department of Education, 2005.
- *English-Language Arts Content Standards for California Public Schools (Kindergarten Through Grade Twelve)*, California Department of Education, 1998.
- *Mathematics Content Standards for California Public Schools (Kindergarten Through Grade Twelve)*, California Department of Education, 1999.

## National Education Standards

- *National Health Education Standards: Achieving Health Literacy*, American Cancer Society, 1998.
- *Moving into the Future: National Standards for Physical Education*, National Association for Sport and Physical Education, 2004.
- *Principles and Standards for School Mathematics*, National Council of Teachers of Mathematics, 2000.
- *National Science Education Standards*, National Academy of Sciences, 1996.
- *Standards for the English Language Arts*, International Reading Association and the National Council of Teachers of English, 1996.
- *Curriculum Standards for Social Studies*, National Council for the Social Studies, 1994.