



## AOP - 2nd Grade - Health - Quarter 3 Map

Week	Unit	Submit	Objectives
19	UNIT 5		<p>Lesson 1: Healthy Habits Students will identify good and bad habits. Students will become aware of their own good, bad, and neutral habits.</p> <p>Lesson 2: Keeping Active and Fit Students will recognize that staying active helps them keep physically fit. Students will identify specific activities for fitness—and fun.</p>
20			<p>Lesson 3: Active All By Myself Students will become aware that watching too much TV is not healthy. Students will identify ways to be active when they are alone.</p> <p>Lesson 4: Eat For Fitness Students will identify why the body needs a variety of foods.</p>
21			<p>Lessons 5: Classifying Food Students will review the food groups. Students will identify the amounts needed daily from each food group for a balanced diet.</p>
22		Unit 5 Lesson 7 Activity 2	<p>Lesson 6: Keeping in Balance Students will apply knowledge of food groups and daily minimum requirements to plan a balanced daily menu.</p> <p>Lesson 7: Breaking the Fast Students will become aware of the importance of eating breakfast. Students will identify how breakfasts can contribute to daily requirements from food groups.</p>

23		Lesson 8: Building Breakfast in a Bowl Students will review health rules for handling food. Students will review unit concepts about food groups and nutrition requirements. Students will apply what they have learned and build a healthy breakfast.
24	Unit 5 Lesson 10 Activity	Lesson 9: Time Out for Sleep Students will become aware of the effects of lack of sleep. Students will understand that they need sufficient rest in order to function well.  Lesson 10: Personal Growth and Health Students will identify basic good grooming habits. Students will describe how good grooming contributes to health.
25		Lesson 11: Brushing and Flossing Students will be able to define plaque. Students will review toothbrushing techniques. Students will be introduced to flossing.
26	Unit 5 Lesson12 Activity	Lesson 12: Smart Snacks for Teeth Students will become aware of the role of food in dental health. Students will identify healthful snacks.
27		TAKE A BREAK OR GET CAUGHT UP