

**Health TEKS Integration
Grade Two**

TEKS	Health TEKS	P.E./ WELL- NESS	SCIENCE	SOCIAL STUDIES	B. B. R.	NURSES	COUNSELORS	DARE/ GREAT
2.1(A)	explain actions an individual can take when not feeling well	✓				✓		
2.1(B)	describe and demonstrate personal health habits such as brushing and flossing teeth and exercise	✓				✓		
2.1(C)	identify food groups and describe the effects of eating too much sugar and fat such as knowing that sugar causes dental cavities					✓		
2.1(D)	identify healthy and unhealthy food choices such as a healthy breakfast and snacks and fast food choices					✓		
2.1(E)	define stress and describe healthy behaviors that reduce stress such as exercise	✓						
2.1(F)	describe the importance of individual health maintenance activities such as regular medical and dental checkups					✓		
2.1(G)	describe how a healthy diet can help protect the body against some diseases					✓		
2.2(A)	identify and describe the harmful effects of alcohol, tobacco, and other drugs on the body	✓						✓
2.2(B)	identify ways to avoid deliberate and accidental injuries	✓						✓
2.2(C)	explain the need to use protective equipment when engaging in certain recreational activities such as skateboarding, rollerblading, cycling, and swimming	✓						
2.2(D)	explain the importance of avoiding dangerous substances	✓						✓
2.2(E)	explain ways to avoid weapons and report the presence of weapons to an adult	✓						✓
2.2(F)	identify a trusted adult such as a parent, teacher, or law enforcement officer and identify ways to react when approached and made to feel uncomfortable or unsafe by another person/adult	✓					✓	✓
2.3(A)	describe behaviors that protect the body structure and organs such as wearing a seat belt and wearing a bicycle helmet	✓			✓			
2.3(B)	identify the major organs of the body such as the heart, lungs, and brain and describe their primary functions	✓						
2.3(C)	identify the major systems of the body	✓						
2.4(A)	explain ways in which germs are transmitted, methods of preventing the spread of germs, and the importance of immunizations					✓		
2.4(B)	identify causes of disease other than germs such as allergies and heart disease	✓						
2.4(C)	explain how the body provides protection from disease					✓		
2.4(D)	apply practices to control spread of germs in daily life such as hand washing and skin care	✓						
2.5(A)	identify hazards in the environment that affect health and safety such as having loaded guns in the home and drinking untreated water	✓						✓

2.5(B)	describe strategies for protecting the environment and the relationship between the environment and individual health such as air pollution and ultra violet rays		✓					
2.5(C)	identify personal responsibilities as a family member in promoting and practicing health behaviors	✓						
2.6(A)	identify people who can provide health information					✓		
2.6(B)	identify various media that provide health information	✓						
2.7(A)	describe how the media can influence an individual's health choices such as television ads for fast foods and breakfast cereals	✓						
2.7(B)	discuss how personal health care products have been improved by technology such as sunblock and safety equipment					✓		
2.8(A)	describe how friends can influence a person's health				✓			
2.8(B)	recognize unsafe requests made by friends such as playing in the street	✓					✓	
2.9(A)	identify characteristics needed to be a responsible family member or friend			✓			✓	
2.9(B)	list and demonstrate good listening skills	✓						
2.9(C)	demonstrate refusal skills	✓					✓	
2.10(A)	describe how to effectively communicate	✓						
2.10(B)	express needs, wants, and emotions in healthy ways	✓						
2.10(C)	explain the benefits of practicing self-control	✓						
2.11(A)	explain steps in the decision-making process and the importance of following the steps			✓			✓	
2.11(B)	describe how personal-health decisions affect self and others					✓		
2.11(C)	list the steps and describe the importance of task completion and goal setting	✓						
2.11(D)	explain why obtaining help, especially from parents/trusted adults, can be helpful when making decisions about personal health	✓						