

MENTAL AND EMOTIONAL HEALTH

Essential Standard		Clarifying Objectives	
2.MEH.1	Understand the relationship among healthy expression of emotions, mental health, and healthy behavior.	2.MEH.1.1	Identify appropriate standards for behavior.
		2.MEH.1.2	Summarize behaviors that help to avoid risks.
		2.MEH.1.3	Explain the influence of peers, the media, and the family on feelings and emotions.
		2.MEH.1.4	Explain the influence on self-concept on performance and vice versa.
		2.MEH.1.5	Summarize the potential negative effects of stress on the body and mind.

PERSONAL AND CONSUMER HEALTH

Essential Standard		Clarifying Objectives	
2.PCH.1	Apply measures for cleanliness and disease prevention.	2.PCH.1.1	Recall the benefits of good dental health.
		2.PCH.1.2	Execute the proper techniques for brushing teeth.
2.PCH.2	Understand wellness, disease prevention, and recognition of symptoms.	2.PCH.2.1	Summarize reasons and strategies for preventing contact with body fluids.
		2.PCH.2.2	Explain the dangers associated with excessive sun exposure (e.g., sun burn, damage to eyes, skin cancer) and methods for protecting oneself from these dangers.

INTERPERSONAL COMMUNICATION AND RELATIONSHIPS

Essential Standard		Clarifying Objectives	
2.ICR.1	Understand healthy and effective interpersonal communication and relationships.	2.ICR.1.1	Classify behaviors as helpful or hurtful to friendships.
		2.ICR.1.2	Interpret the feelings of others and how to respond when angry or sad.
		2.ICR.1.3	Explain why it is wrong to tease others.
		2.ICR.1.4	Recognize bullying behaviors and what to do if someone is bullied.
		2.ICR.1.5	Exemplify how to communicate with others with kindness and respect.

NUTRITION AND PHYSICAL ACTIVITY

Essential Standard		Clarifying Objectives	
2.NPA.1	Understand MyPlate as a tool for selecting nutritious foods.	2.NPA.1.1	Recognize the interrelationship of parts of MyPlate.
		2.NPA.1.2	Plan meals that are chosen for energy and health.
		2.NPA.1.3	Classify activities in terms of their appropriateness for a healthy lifestyle.
2.NPA.2	Understand the importance of consuming a variety of nutrient dense foods and beverages in moderation.	2.NPA.2.1	Summarize motivations for eating food, including hunger vs. satiety.
		2.NPA.2.2	Explain the importance of a healthy breakfast and lunch.

	Essential Standard	Clarifying Objectives	
2.NPA.3	Remember nutrition and fitness concepts to enhance quality of life.	2.NPA.3.1	Contrast a physically active and inactive lifestyle.
		2.NPA.3.2	Plan family physical activities that are fun and contribute to fitness.

ALCOHOL, TOBACCO, AND OTHER DRUGS

	Essential Standard	Clarifying Objectives	
2.ATOD.1	Understand how to use household products and medicines safely.	2.ATOD.1.1	Classify uses of medicine or drugs as appropriate and inappropriate.
		2.ATOD.1.2	Summarize the health risks associated with inappropriate medicine and drug use.
		2.ATOD.1.3	Use goal-setting strategies to prevent the misuse of medicines or household products.