

SCHEDULE- HEALTH 2

	Topic	Resource	Materials
1	Identify food groups and appropriate servings	http://www.choosemyplate.gov/kids/index.html http://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/energy_balance.pdf	KidsHealth printouts
2	Nutrition games, reading nutrition labels	http://www.choosemyplate.gov/kids/Games.html http://www.cdc.gov/bam/nutrition/microscope.html http://classroom.kidshealth.org/classroom/prekto2/personal/nutrition/healthy_snacking.pdf	KidsHealth printouts
3	keep 2-day health planner • food •water •physical activity	http://www.choosemyplate.gov/myplate/index.aspx	Food planner booklet
4	Food Safety	http://classroom.kidshealth.org/classroom/prekto2/personal/safety/food_safety.pdf	KidsHealth printouts
5	Make nutrition book		
6	Alcohol education	http://www.toosmartostart.samhsa.gov/tweens/default.aspx http://classroom.kidshealth.org/classroom/prekto2/problems/drugs/alcohol.pdf http://www.ncpc.org/resources/files/pdf/drug-abuse/elementary-drug-prevention-part2.pdf	KidsHealth printouts
7	Smoking education	http://www.bam.gov/sub_yourlife/yourlife_choices.html http://www.cdc.gov/bam/ http://classroom.kidshealth.org/classroom/prekto2/problems/drugs/smoking.pdf	KidsHealth printouts
8	Drug education	http://classroom.kidshealth.org/classroom/prekto2/problems/drugs/drugs.pdf	KidsHealth printouts
9	Make alcohol/ drug safety book		
10	Good Manners Lunch: table manners Library book- manners	cyh.com	TableSetting.pdf (from Leanne @ DLTK-kids.com) Library- books
11	Feelings DQ Feelings & Faces	http://classroom.kidshealth.org/classroom/prekto2/personal/growing/feelings.pdf	KidsHealth printouts
12	Conflict Resolution DQ What Might Happen?	http://classroom.kidshealth.org/classroom/prekto2/personal/growing/conflict_resolution.pdf	KidsHealth printouts
13	Self-Esteem	http://classroom.kidshealth.org/classroom/prekto2/personal/growing/self_esteem.pdf	KidsHealth printouts

Websites: Kids Health in the Classroom; Child and Youth Health (Australian gov't.; cyh.com)
Books: various library books

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14	Strangers & 911	http://classroom.kidshealth.org/classroom/prekto2/personal/safety/strangers_911.pdf	
15	Stress	http://classroom.kidshealth.org/classroom/prekto2/problems/emotions/stress.pdf	
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