

Harcourt
Health
and
Fitness

Planning Resources

Grade 2

Activity Book

Your Growing Body

Lesson 1 pp. 4–5

Draw a picture of yourself as a baby. Draw another picture to show how you have grown and changed.



Lesson 2 pp. 6–9

Fill in the missing letters to name parts of your **skeletal system** and your **muscular system**.

sk__ll f__ce m__scles h__p bo__es

sp__ne l__g b__nes __rm __uscles

Lesson 3 pp. 10–11

Draw a line to match each word to the correct part of the **digestive system**.

teeth

stomach

tongue

mouth



Lesson 4 pp. 12–15

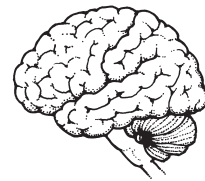
Write the word from the box that best completes the sentence.

blood lungs heart mouth blood vessels

1. Air goes in and out of your body through your _____ and nose.
2. Your _____ take oxygen from the air.
3. Your _____ pumps blood.
4. The tubes that carry blood from your heart to all parts of your body are called _____.
5. Your _____ takes in oxygen from your lungs.

Lesson 5 pp. 16–17

Write about two things your **brain** does.



Name _____



Sequence

Show the sequence. Write the sentences in order in the chart.

Your lungs fill with air and get larger.

Air goes into your body through your mouth or nose.

Air moves into your lungs.

The chart consists of three vertical rounded rectangles arranged horizontally. Each rectangle contains ten horizontal lines for writing. A right-pointing arrow is positioned between the first and second rectangles, and another right-pointing arrow is positioned between the second and third rectangles.

Name _____



Set Goals

Steps for Setting Goals

1. Set a goal.
2. Make a plan to meet the goal.
3. Work toward the goal.
4. Ask yourself how you are doing.

Use the steps to help you solve this problem.

You want to keep your body healthy. You know you should exercise. What can you do to meet your goal?

Name _____

Body Systems

Write the words from the word box.

muscles	heart	brain	lungs
blood vessels	skull	spine	stomach

skeletal system	
_____	protects the brain
_____	holds up the body
muscular system	
_____	work to move the bones and hold up the body
digestive system	
_____	changes food into a thick liquid
circulatory system	
_____	pumps blood
_____	carry blood through the body
nervous system	
_____	controls all other parts of the body
respiratory system	
_____	fill with air when you breathe in



Caring for Your Body

Lesson 1 pp. 26–29

Write about two ways to protect yourself from the sun.

Draw pictures that show two times at which you should wash your hands.

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Lesson 2 pp. 30–31

Circle the correct word to complete the sentence.

Head lice are _____.

insects **rice**

Head lice lay eggs on _____.

hair **nails**

Special shampoos kill head lice and their _____.

nests **eggs**

Do not wear someone else's _____.

hat **boots**

Do not share _____.

crayons **combs**

Do not touch your head to someone else's _____.

eraser **head**

Lesson 3 pp. 32–35

Write the word from the box that best completes the sentence.

goggles inside anything eyes ears pupil

You use your _____ to see.

The black part of your eye is the _____.

Wear _____ when you play sports that can hurt your eyes.

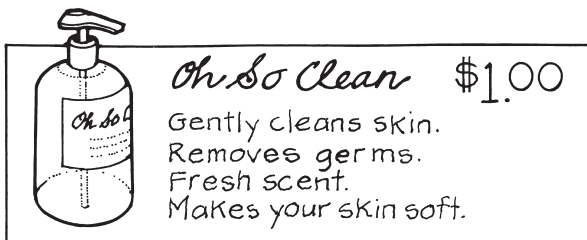
You use your _____ to hear.

The main part of your ear is _____ your head.

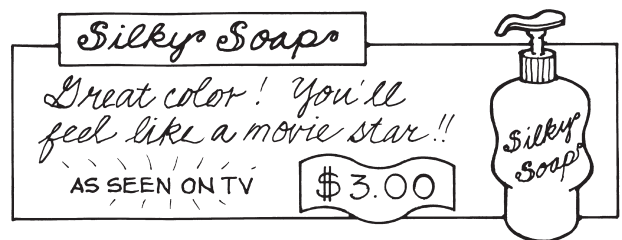
Never put _____ in your ears.

Lesson 4 pp. 38–41

Read the ads. Circle the better soap to buy.
Tell why you chose it.



Oh So Clean \$1.00
Gently cleans skin.
Removes germs.
Fresh scent.
Makes your skin soft.



Silky Soap
Great color! You'll
feel like a movie star!!
AS SEEN ON TV \$3.00

Name _____



Make Predictions

Read the sentences. Predict what will happen.

Jill stays outside for hours. She wears just a swimsuit. She does not wear a hat. She does not put on sunscreen. What will happen to her skin?



Prediction

Mike keeps sharp objects away from his eyes. He does not rub his eyes with dirty hands. He wears goggles when he plays sports that could hurt his eyes. What will happen to Mike's eyes?



Prediction

Name _____



Communicate

Steps for Communicating

- 1.** Figure out what the problem is. Then decide who can help you.
- 2.** Say what you need to say. Use body language if necessary.
- 3.** Listen carefully. Answer any questions.
- 4.** Get information.

Use the steps to help you solve this problem.

You are at a friend's house. Your head and stomach begin to hurt. How can you communicate about your problem?

Rhyme Time

A. Write the correct words to finish the rhymes.

sunscreen

sunburn

head lice

1. We are small insects that live on your head.
We lay lots of eggs to help us spread.
We make your head itch—we're not very nice!

We do all these things because we're _____.

2. It's fun in the sun,
but one day you may learn
that if you're not careful

you'll get a _____.
Then your skin will be red.
You'll feel hot and mean.
You'll wish you'd remembered

to wear your _____.

B. Read the **label** on the soap. Then draw an **ad** for the soap. Use the word **germs** in your ad.

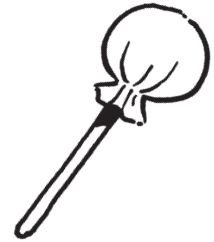
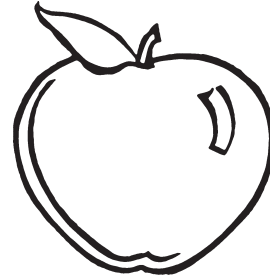
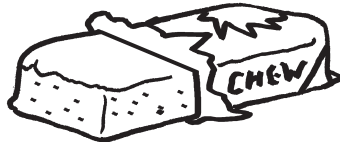
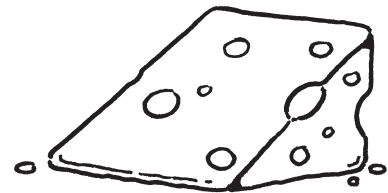
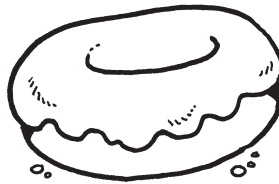
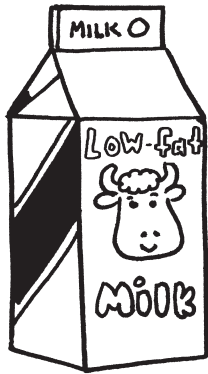




Caring for Your Teeth

Lesson 1 pp. 48–51

Circle the foods that help keep your teeth healthy.
Cross out the foods that can harm your teeth.

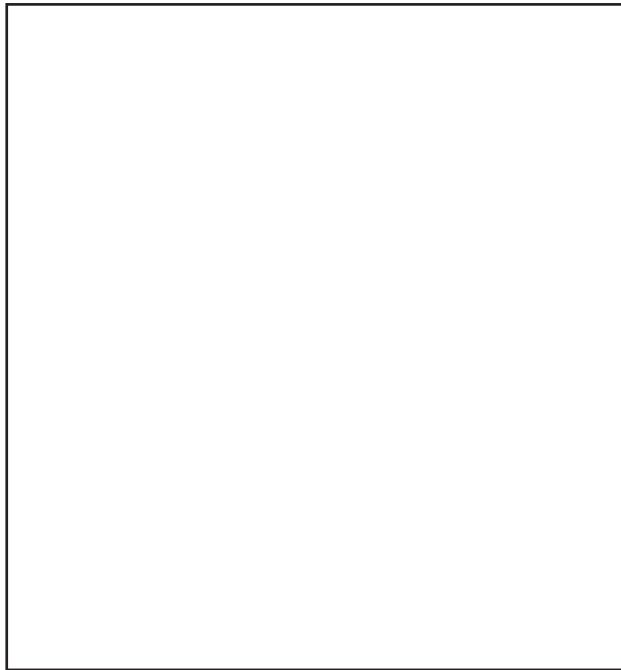
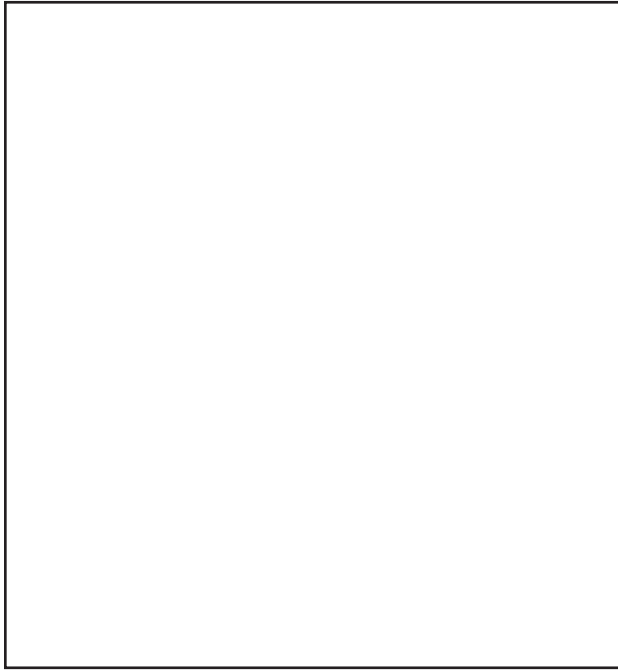


Look at the foods you crossed out. Write about why you should not eat too much of these foods.

Name _____

Lesson 2 pp. 52–55

Draw two things you use to clean your teeth.
Write what each thing does.



Lesson 3 pp. 58–59

Read the clues. Write the word from the box that answers the riddle.

nurse **dentist**

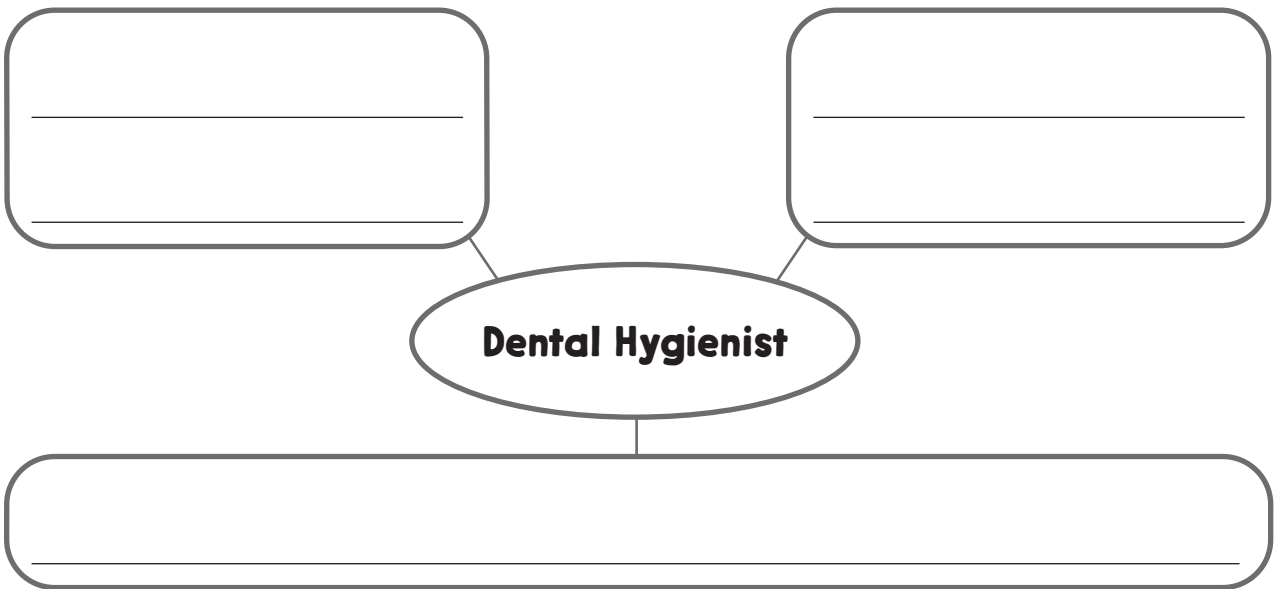
I help you keep your teeth and gums healthy.
When you have a tooth problem, I can fix it.
You should visit me for regular checkups.

I am a _____.

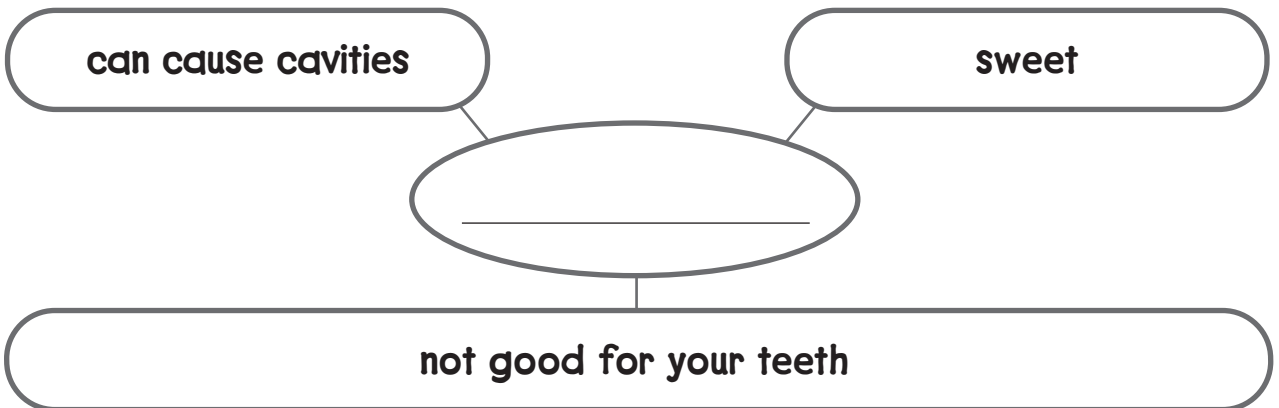
Use Context Clues

1. Read the sentences below. Find three clues that tell about the person named in the circle. Write the clues in the box.

A dental hygienist works with a dentist. During a checkup a dental hygienist cleans your teeth. He or she also teaches you how to brush and floss correctly.



2. Use the clues in the box to figure out the missing word in the circle. Write the word.



Name _____

Tooth Story

Write the words from the box to complete the paragraph.

primary teeth
floss

dental hygienist
permanent teeth

cavity

Sue knows it is important to take care of her teeth. She uses a toothbrush, toothpaste, and _____ to keep them clean. She also visits the dentist for regular checkups. The dentist checks her teeth to see if Sue has a _____. Then the _____ helps the dentist by cleaning Sue's teeth. She tells Sue to take care of her _____ because she will not get another set of teeth. Only _____ are replaced with new ones.

Food for Fitness

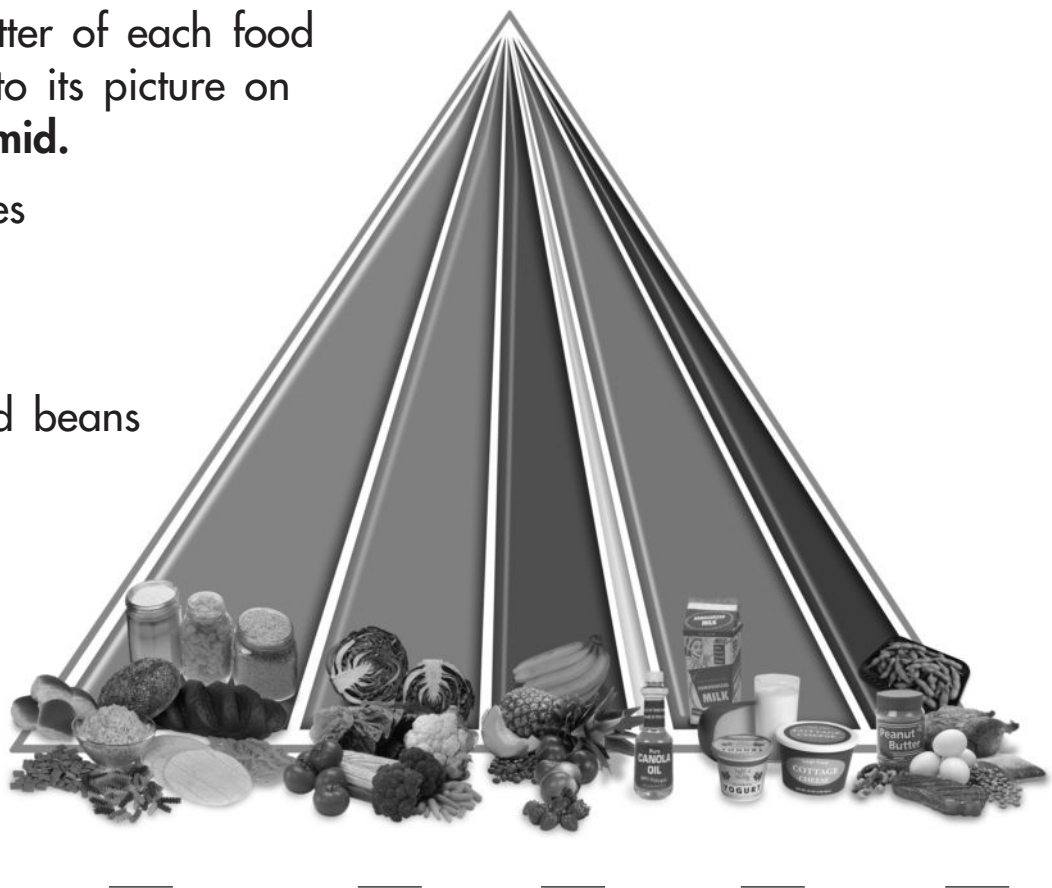
Lesson 1 pp. 66–67

List three things your body needs energy to do.

Lesson 2 pp. 68–71

Write the letter of each food group next to its picture on the **MyPyramid**.

- a. vegetables
- b. grains
- c. fruits
- d. meat and beans
- e. milk



Lesson 3 pp. 72–75

Write **T** on the line if the sentence is true.
Write **F** if it is false.

- ___ A meal is all the food that you eat at one time.
- ___ Healthful meals give your body energy.

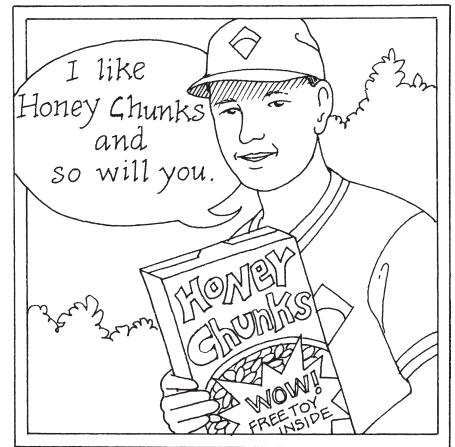
- ___ A balanced diet has foods from only one food group.
- ___ You should choose foods with lots of fat, salt, and sugar.
- ___ Ingredients on labels are listed in order from greatest amount to smallest amount.

Lesson 4 pp. 76–79

Use another sheet of paper.
Write about the tricks this ad uses
to get people to buy the cereal.

Lesson 5 pp. 82–83

Choose the word from the box that
best completes the sentence.



cold

cooked

hands

ill

germs

1. Wash fruits and vegetables to get rid
of _____.
2. Do not eat meat that is not fully
_____.
3. Wash your _____ with soap before
you touch any food.
4. Meat and milk must be kept _____
in the refrigerator.
5. Spoiled food can make you _____.

Find Cause and Effect

1. Read the cause. Write two things that could happen.

Cause
You eat healthful foods.

↗

Effect

↘

Effect

2. Read the sentences. Find the cause. Write it in the box.

Anne drinks milk that was not kept cold.
Later that day she feels ill.

Cause

→

Effect
Anne feels ill.

Name _____



Make Decisions

Steps for Making Decisions

1. Think about the choices.
2. Say NO to choices that are against your family rules.
3. Ask yourself what could happen with each choice.
4. Make the best choice.

Use the steps to help you solve this problem.

You are at a picnic with your friend's family. You can have cookies, chips, or a piece of watermelon for a snack. How do you make your decision?

Name _____

Food for Fitness Puzzle

Use the words in the box to solve the puzzle.

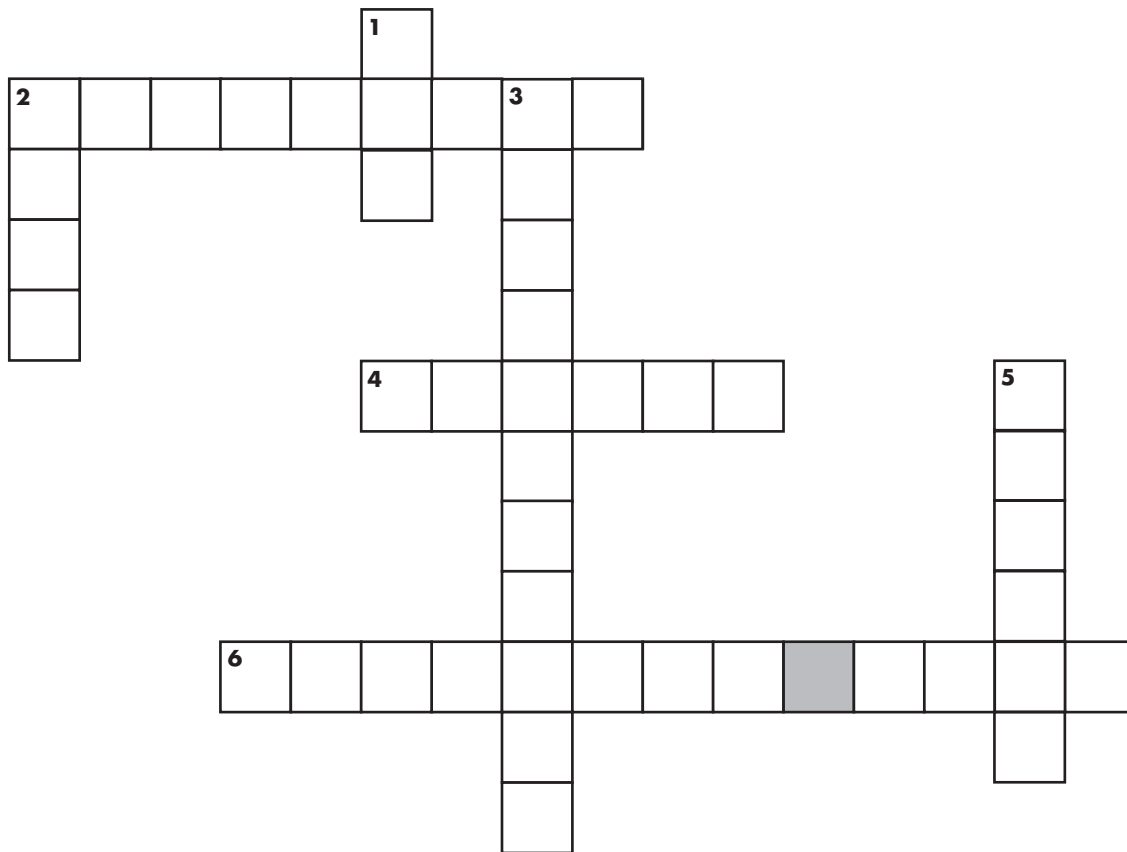
energy wastes fat balanced diet
meal ingredients MyPyramid

ACROSS

- 2. a diagram that shows which food group each food belongs to
- 4. the power that helps your body do things
- 6. a plan that gives your body all the foods it needs to stay healthy

DOWN

- 1. a part of food that you should not eat too much of
- 2. breakfast, lunch, or dinner
- 3. the things food is made from
- 5. things your body does not need





Keeping Fit and Active

Lesson 1 pp. 90–93

Underline the word that best completes the sentence.

1. Exercise makes you (slow, fit).
2. If you are fit, you can be active for a (long, short) time.
3. Exercise makes your muscles, heart, and lungs (weak, strong).
4. Your (brain, helmet) gets more oxygen when you exercise.
5. Exercise gives you more (energy, time) to do things.
6. You feel better about yourself when you are (active, tired).
7. Exercise can make you feel (unhealthy, better) when you are upset.

Lesson 2 pp. 96–99

Read the rules below. Write **true** or **false** to tell if each rule is correct.

_____ Warm up your body before you exercise.

_____ Do not drink water when you exercise.

_____ Exercise outside when it is very hot.

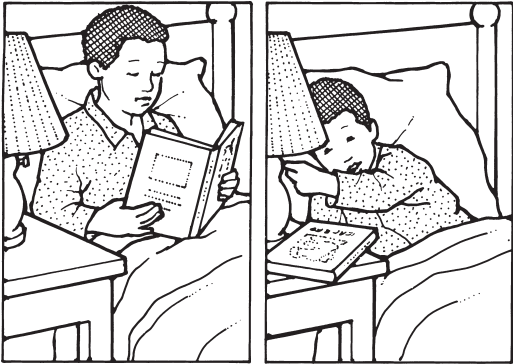
_____ Start out slowly. Then go faster.

_____ Cool down after you exercise. Stretch your muscles.

Lesson 3 pp. 100–101

Look at the pictures. Then answer the questions.

What are two things you can do to help yourself fall asleep?



Which child got enough sleep last night?
How can you tell?

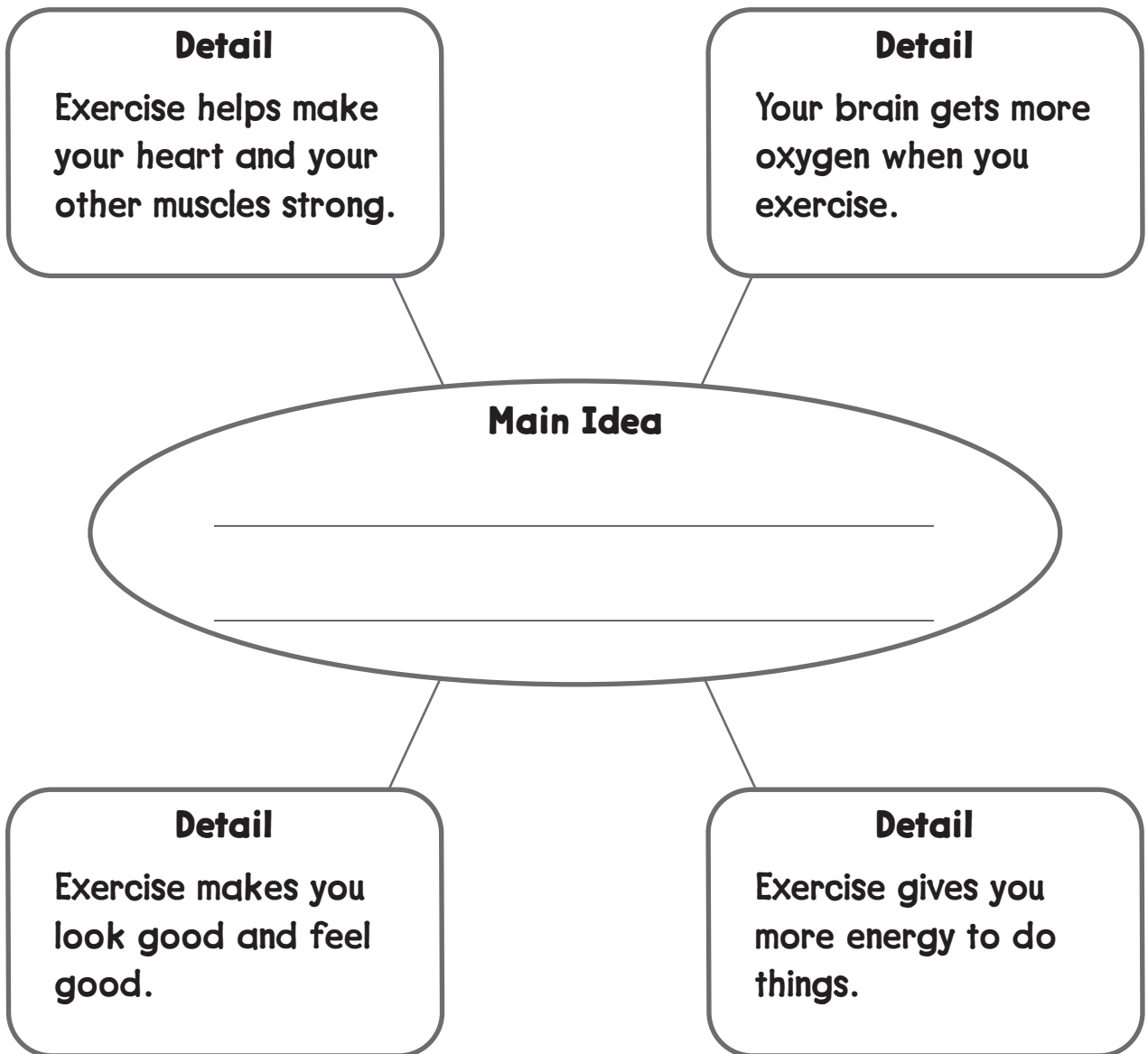




Find the Main Idea

Read the paragraph. Write the main idea in the chart.

Exercise keeps your body healthy and fit. It helps make your heart and your other muscles strong. Your brain gets more oxygen when you exercise. Exercise makes you look good and feel good. It gives you more energy to do things.



Name _____



Manage Stress

Steps for Managing Stress

- 1.** Know what stress feels like.
- 2.** Figure out why you feel stress.
- 3.** Do something active to help yourself feel better.
- 4.** Talk to someone about the stress.

Use the steps to help you solve this problem.

A friend who moved away is coming to visit you. You haven't seen each other for a long time. You are worried that you will not get along anymore. How should you manage your stress?

Words for Fitness

Choose the word that best completes the sentence.
Circle its letter.

- 1.** If you want to use your body in an active way, you can _____.
 - a.** sit
 - b.** sleep
 - c.** exercise
 - d.** eat

- 2.** Resting when you are tired and drinking water are two good _____ to follow when you exercise.
 - a.** exercises
 - b.** rules
 - c.** stretches
 - d.** signs

- 3.** When you are _____, you are strong and healthy.
 - a.** unsafe
 - b.** full
 - c.** weak
 - d.** fit

- 4.** _____ is staying away from danger or harm.
 - a.** Exercise
 - b.** Sleep
 - c.** Safety
 - d.** Stress



Avoiding Danger

Lesson 1 pp. 108–111

Draw the three steps to take if your clothes catch fire. Write the step below each picture.

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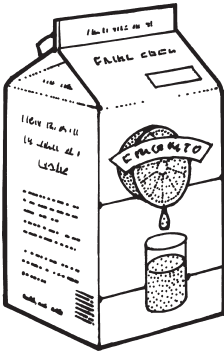
- 1.** _____ **2.** _____ **3.** _____

Lesson 2 pp. 112–113

Write about two things you should never do with a weapon. Tell why.

Lesson 3 pp. 114–115

Circle the picture that shows a **poison**.
Write a sentence that tells how you know.



Lesson 4 pp. 116–117

Write the word from the box that best completes each sentence.

address car answer Internet

Never give a stranger your name, _____,
or phone number.

Do not _____ if a stranger knocks on the door.

Never get into a _____ with a stranger.

Never talk to strangers on the _____.

Name _____

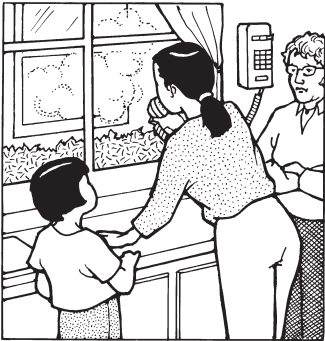


Reading Skill

Sequence

Show the sequence. Draw lines to put the steps in order.

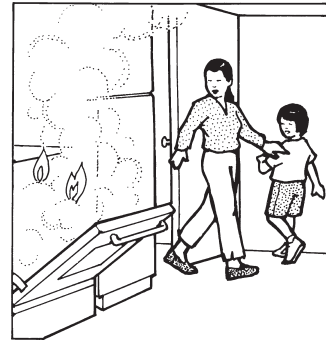
Call 911.



Leave the house.



Find a safe way to leave.



1



2

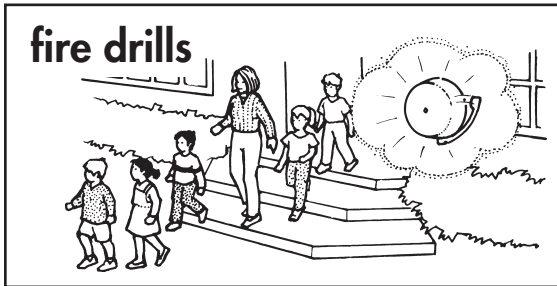
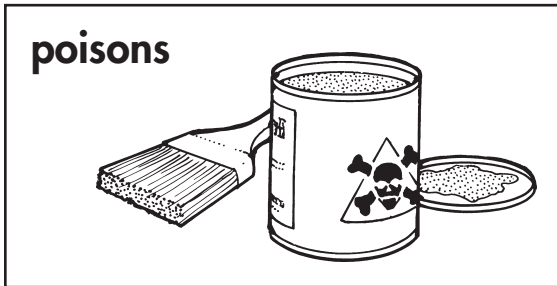
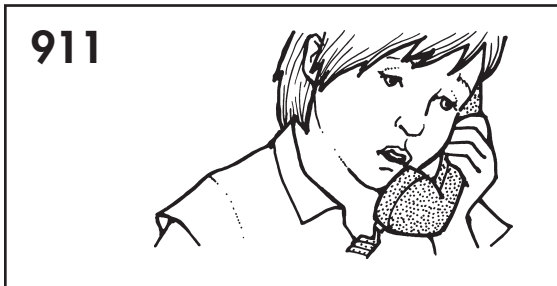
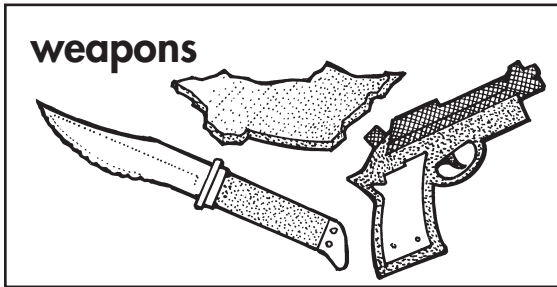
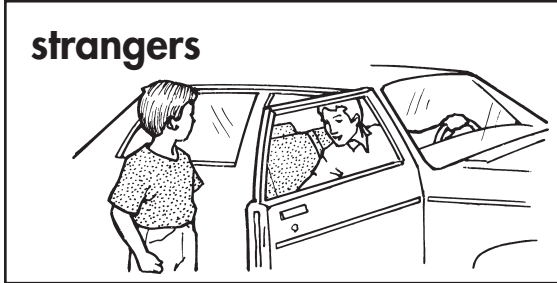


3

Name _____

Danger Words

Draw lines to match the words with their meanings.



people you do not know well

the number you call for help in an emergency

things that can make you ill or kill you if they get into your body

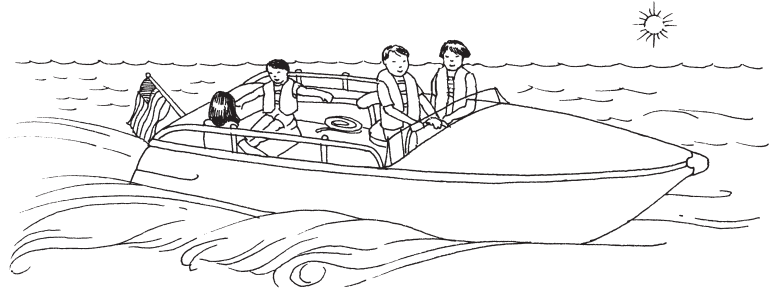
ways to practice getting out of a building safely if it is on fire

dangerous objects that can hurt or even kill you

Staying Safe

Lesson 1 pp. 126–127

Write two ways these children are staying safe around water.



Lesson 2 pp. 128–129

Write the word from the box that best completes each sentence.

adult **sleeping** **wild**

Stay away from _____ animals and animals you do not know.

Do not touch an animal when it is eating, drinking, or _____.

If an animal bites or scratches you, tell a trusted _____ right away.

Name _____

Lesson 3 pp. 130–131

List three ways you can stay safe at school.

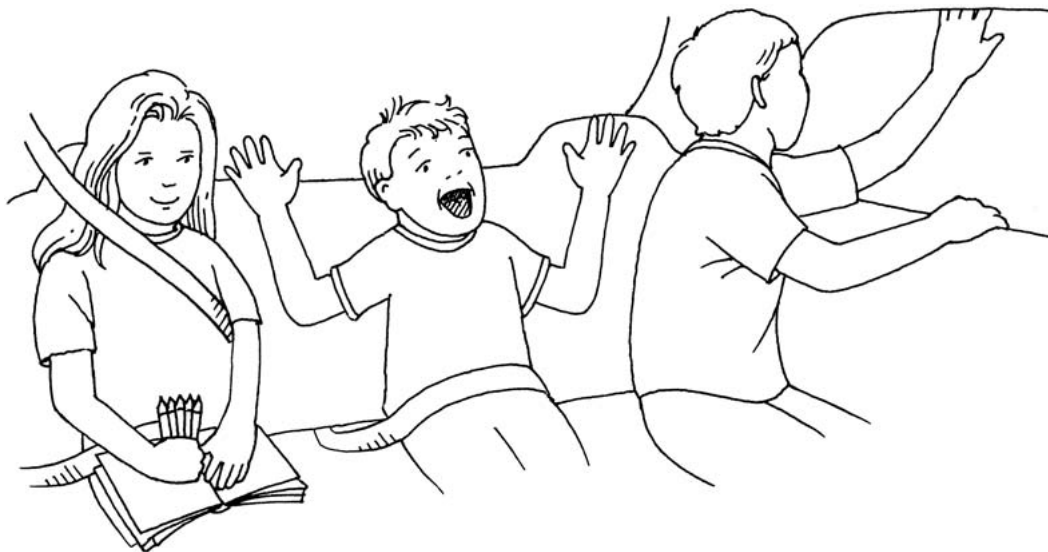
Lesson 4 pp. 134–137

Draw a person who is riding a bike safely.



Lesson 5 pp. 138–141

Mark an **X** on the four things in this picture that are not safe.



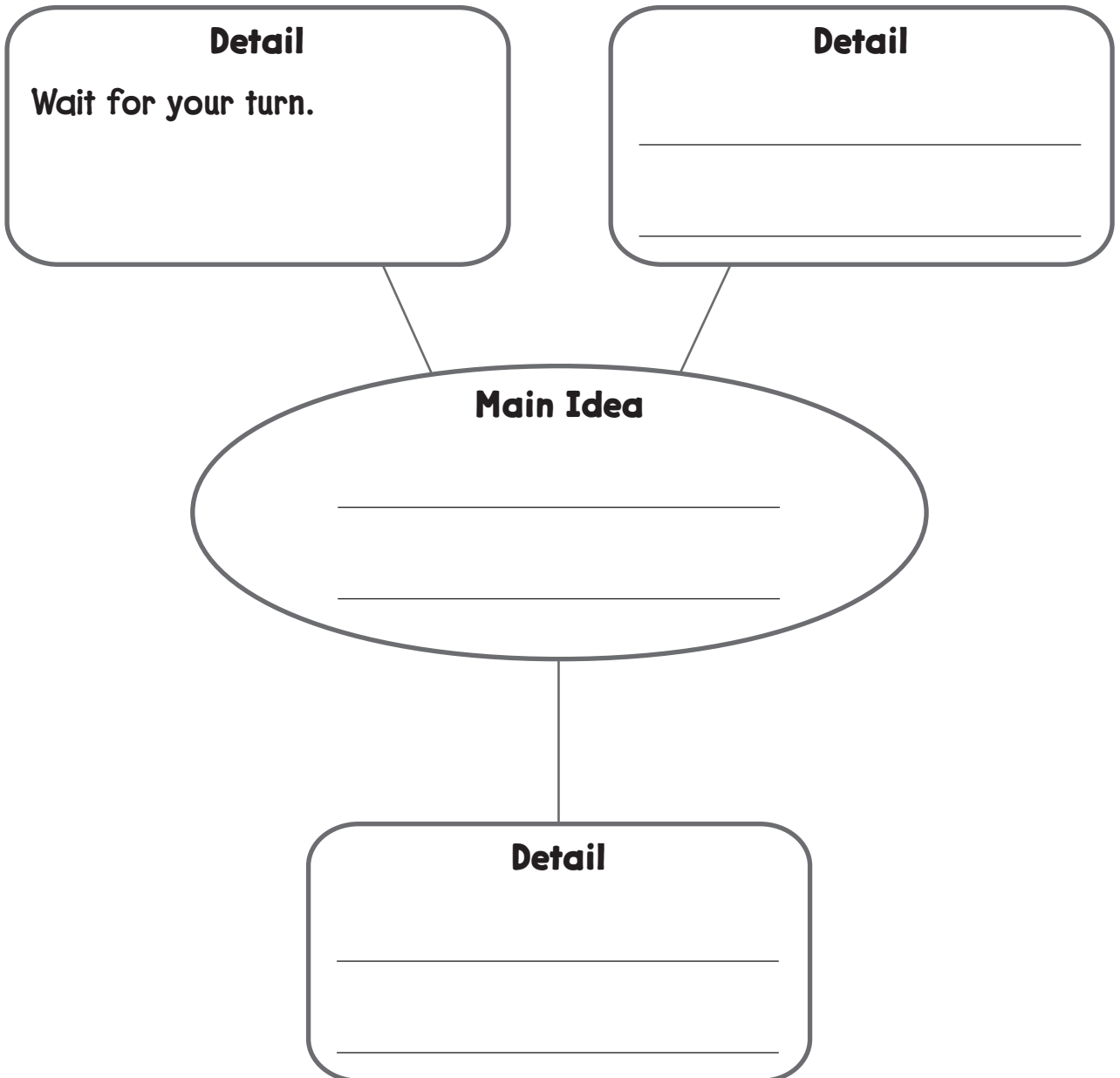
Name _____



Find the Main Idea

Read the paragraph. Find the main idea and the details. Write them in the graphic organizer.

You can stay safe on the playground. Do not push. Wait for your turn. Do not walk too close to the swings.

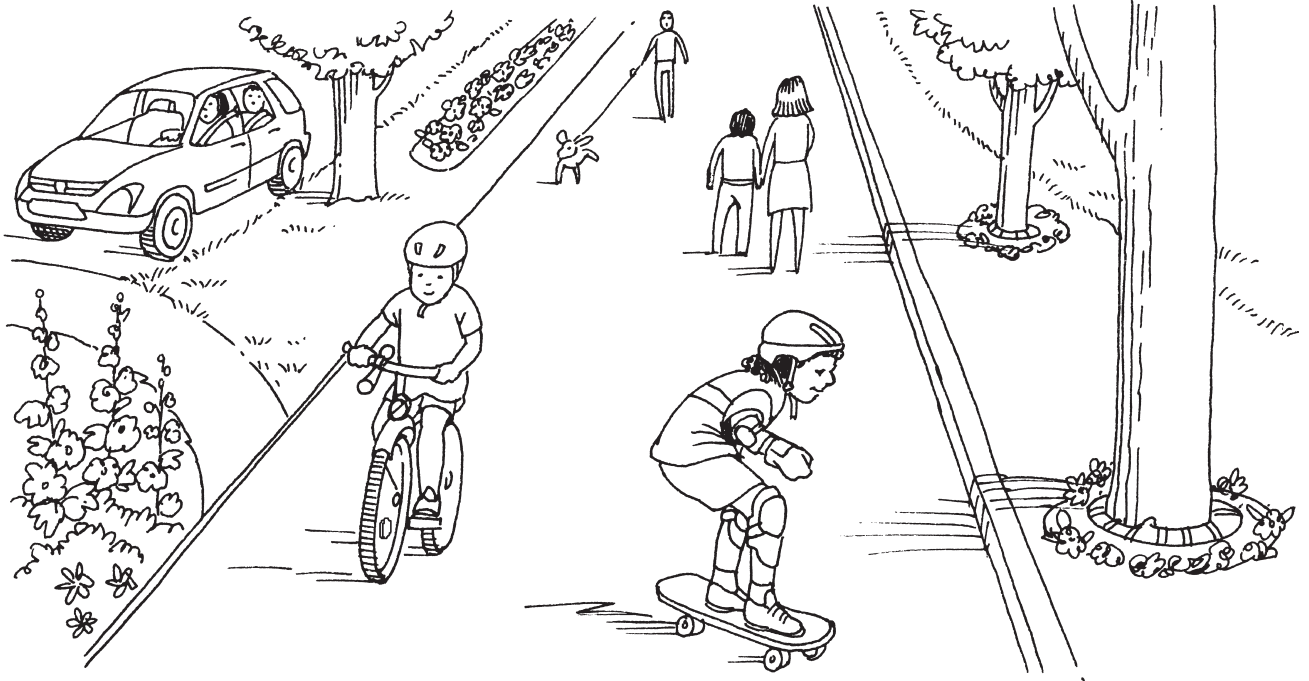


Name _____

Safety Everywhere

Write a paragraph about the picture. Use the words in the box.

helmet injury passenger safety belt safety gear



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Staying Well

Lesson 1 pp. 148–149

Write the words in the box under the correct titles.

sore throat	full of energy	runny nose	no pain
strong	rash	feeling good	fever

Ill

Well

Lesson 2 pp. 152–155

Circle **yes** or **no** to answer each question.

- | | | |
|---|-----|----|
| 1. Can germs cause diseases? | yes | no |
| 2. Should you cover your nose when you sneeze? | yes | no |
| 3. Should you share drinking cups? | yes | no |
| 4. Should you wash your hands if you cough on them? | yes | no |
| 5. If you get a cut, should you leave it unwashed? | yes | no |
| 6. Do vaccines protect you from some diseases? | yes | no |

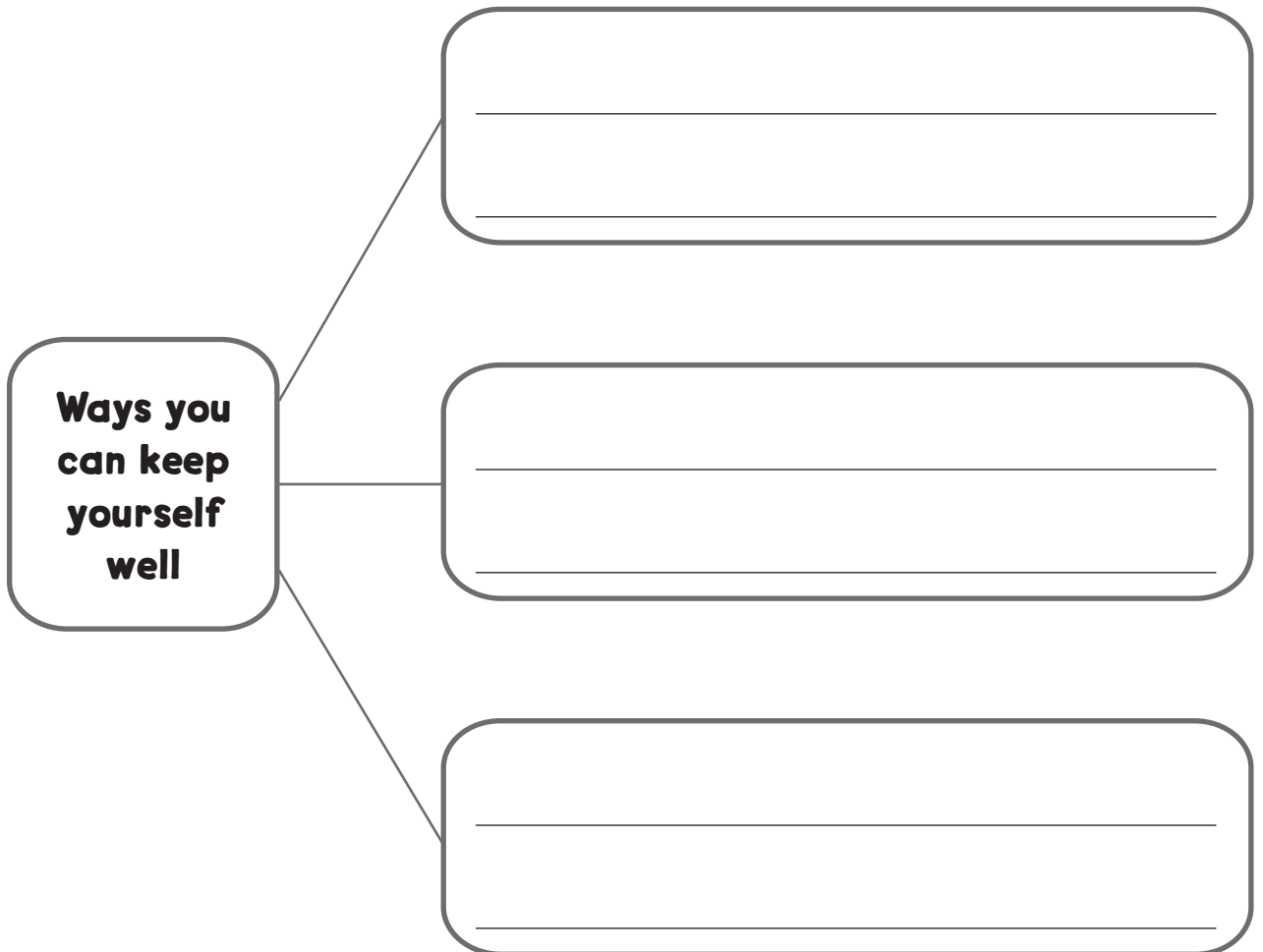
Lesson 3 pp. 156–159

1. Name two things people may have an allergy to.

2. Name a disease or illness that does not spread.

Lesson 4 pp. 160–161

List three ways you can keep yourself well.



Name _____

Make Predictions

Read each set of sentences. Predict what will happen.

1.

You visit your doctor because you feel ill.
What will happen at the doctor's office?



Prediction

2.

You have a cold. You share a cup with your sister.
What will happen to your sister?



Prediction

Name _____

Word Scramble

Read each clue. Unscramble the letters to find the answer.

1. If you are not well, you might be this.

l i l _____

2. This is something that may be caused by germs.

s e s d i e a _____

3. This helps your body fight off the germs of some diseases, such as measles.

n e c i v a c _____

4. This illness does not spread. It may be caused by eating a certain food or touching a certain plant or animal.

g a l l y e r _____

5. If you have this illness, you may have trouble breathing. It does not spread.

m a t h a s _____

Medicines and Drugs

Lesson 1 pp. 168–171

Write **T** on the line if the sentence is true.
Write **F** if it is false.

___ Doctors order prescription medicines for you.

___ Adults can buy over-the-counter medicines without a doctor's order.

___ It is OK to take another person's medicine.

Lesson 2 pp. 172–173

Mark an **X** on the things in this picture that have **drugs**.

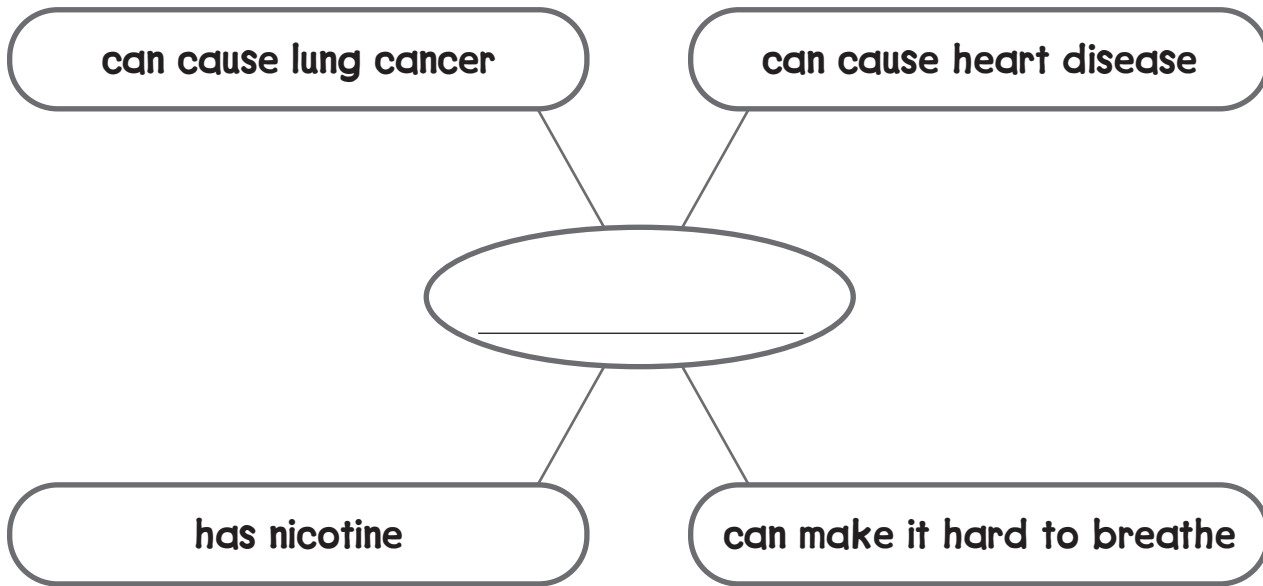


Lesson 3 pp. 174–175

Draw two products that have **caffeine** in them.

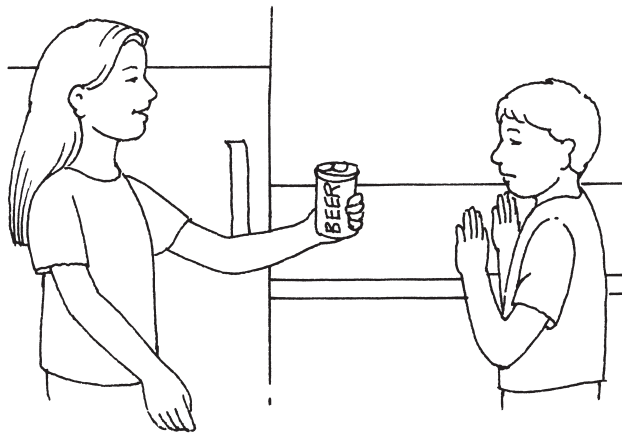
Lesson 4 pp. 176–179

Write the word that completes the graphic organizer.



Lesson 5 pp. 180–181

Write about what the boy in the picture is doing and why.

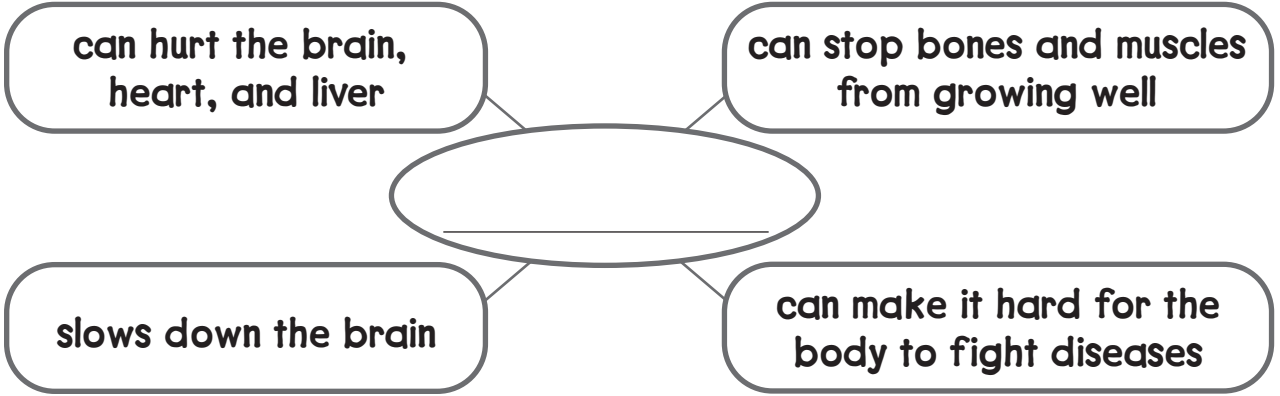


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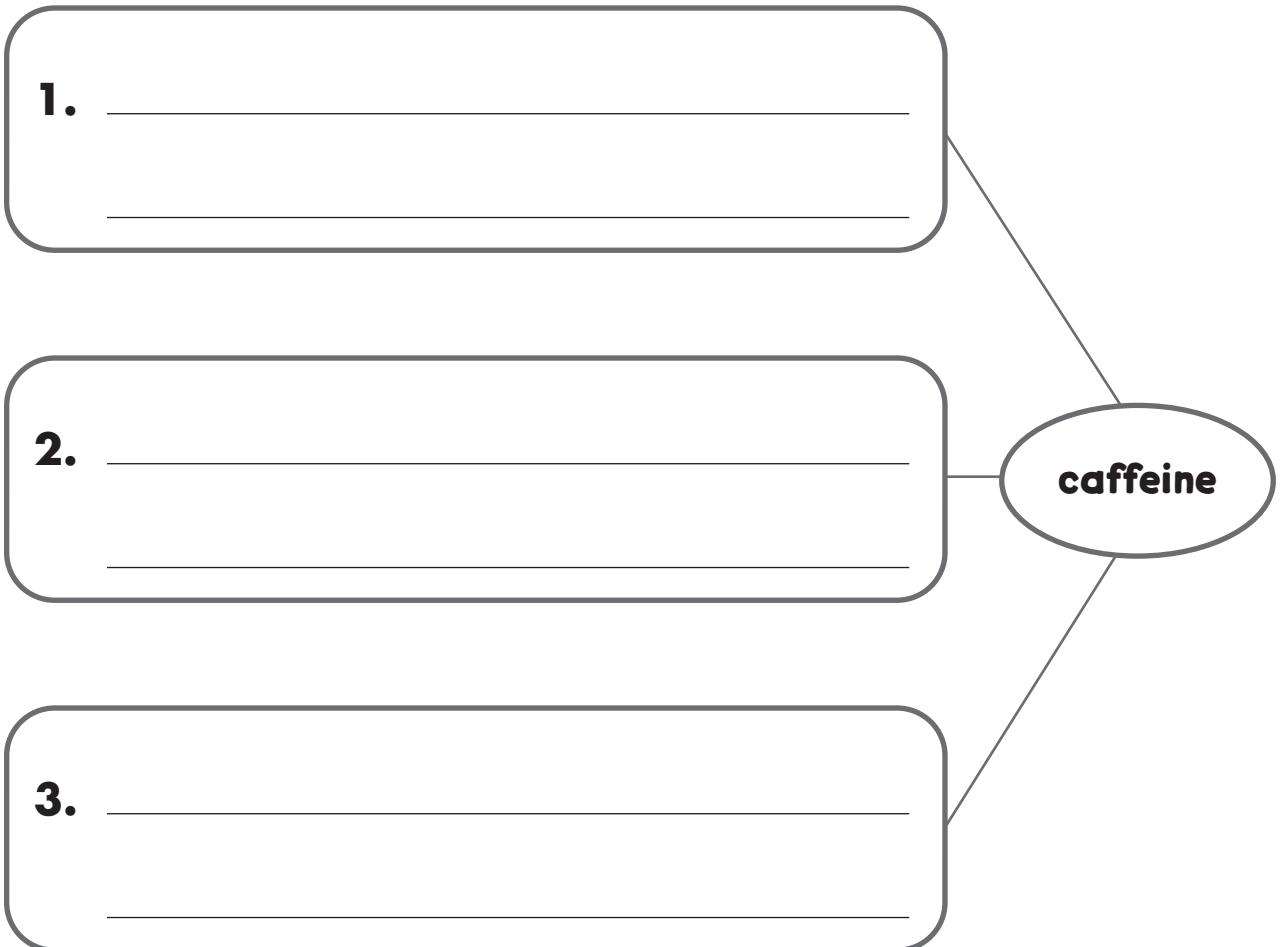


Use Context Clues

1. Use the clues to figure out the word that belongs in the circle.



2. Write three clues that tell about the word in the circle.



Name _____

Helpful Drugs, Harmful Drugs

Write the words from the box that best complete the sentences.

prescription medicine	drug	over-the-counter medicine	nicotine
habit	self-control	tobacco	caffeine
alcohol		tobacco smoke	

A _____ is something a person does often.

You need a doctor's order to get a _____.

An _____ is a medicine that adults can buy without a doctor's order.

Cigarettes and cigars are made from the _____ plant.

Cigarettes have a dangerous drug called _____.

Some kinds of soda have _____.

It is harmful to breathe _____.

Beer and wine are drinks that have _____.

Refusing to take drugs is one way of showing _____.

A _____ changes the way the body works.



Your Feelings

Lesson 1 pp. 190–193

Write the word from the box that best completes each sentence.

feels
learn
skills
special

Being _____ is being different from all others.

People have different _____ and like to do different things.

No one acts and _____ just the way you do.

Different people want to _____ about different things.

Lesson 2 pp. 194–197

Draw a **need** and a **want** in the boxes below. Label your drawings.

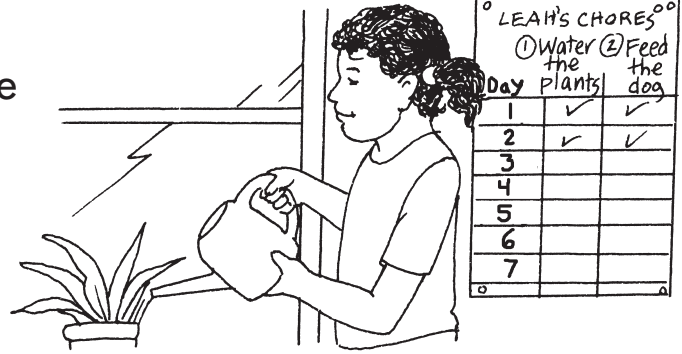
NEED

WANT

Name _____

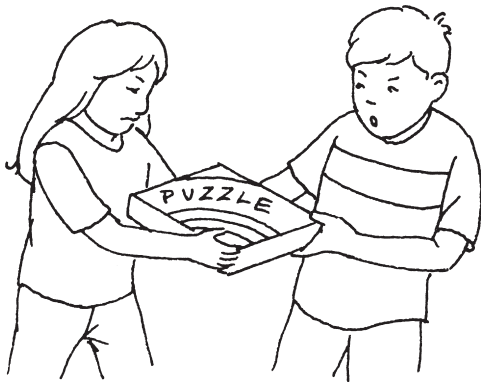
Lesson 3 pp. 200–201

How does the girl in the picture show she is **responsible**?



Lesson 4 pp. 202–203

Circle the picture that shows **respect**.



Lesson 5 pp. 204–205

Write **T** on the line if the sentence is true.

Write **F** if it is false.

___ A good friend listens to you.

___ A good friend asks you to do things that are unsafe.

___ A good friend helps you stay healthy and safe.

___ A good friend makes fun of you.

Name _____



Recall and Retell

Read the paragraph. Recall what it tells about being special. Then retell in your own words what you learned.

Everyone is special because everyone is different. People look different and act in different ways. People have different skills and interests.

Recall	Retell
1. _____ _____ _____	_____ _____ _____
2. _____ _____ _____	_____ _____ _____
3. _____ _____ _____	_____ _____ _____ _____ _____

© Harcourt

Name _____

Put Your Feelings into Words

Choose the word from the box that best completes each sentence.

special

responsible

respect

self-control

1. Ella cleans her room without being asked.

Ella is _____.

2. Ajay says **please** when he asks for a snack.

Ajay shows _____.

3. Max plays piano. Tia dances. Suki paints.

All of these children are _____.

4. When Mario's baby sister rips a page from his coloring book, Mario does not yell at her.

He shows _____.

Write the word that completes the title of each rhyme.

Emotions

Wants

My _____ and Needs

I'd like to have a pogo stick
Or a brand-new baseball glove.
But the things I really need to live
Are food, a home, and love.

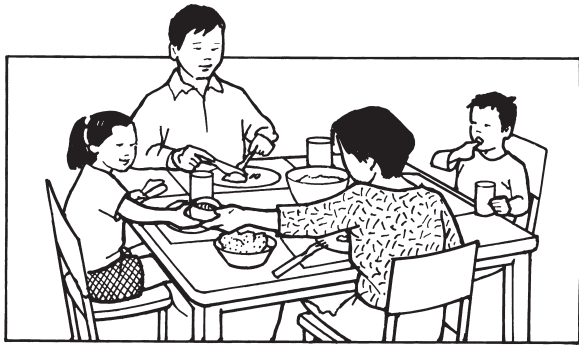
My _____

I shut my eyes when I'm afraid.
I cry when I am sad.
I clap when I'm excited,
And I smile when I am glad.

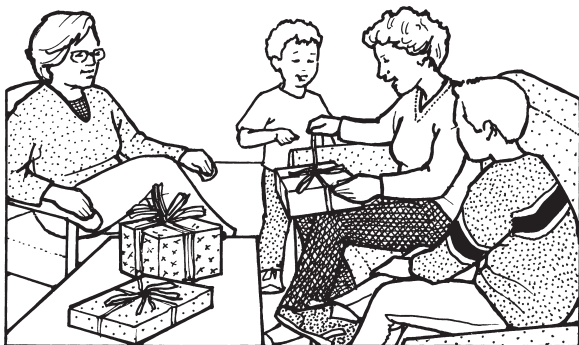
Your Family

Lesson 1 pp. 212–213

Draw a line to match each picture with the correct sentence.



Family members share holidays and special days.



Family members play together.



Family members eat together.

Lesson 2 pp. 214–217

Write **T** on the line if the sentence is true.
Write **F** if it is false.

___ Family members get along when they work together.

Name _____

**Quick Study
(continued)**

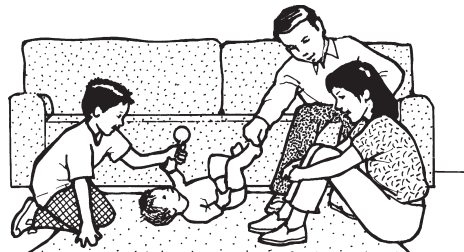
___ Sharing and taking turns can help family members get along.

___ If family members do not agree, they should yell at one another.

Write a rule that can help family members get along.

Lesson 3 pp. 220–223

Look at the pictures. What has changed in this family?



How might this change make the older brother feel?

Name _____



Recall and Retell

Read the paragraph. Recall what it tells about how families change. Then retell what you learned in your own words.

Families change in many ways. A family may move to a new home or have a new baby. No matter how your family changes, you are always an important part of it.

Recall	Retell
1. _____ _____ _____	_____ _____ _____
2. _____ _____ _____	_____ _____ _____
3. _____ _____ _____ _____ _____	_____ _____ _____ _____ _____

Name _____



Resolve Conflicts

Steps for Resolving Conflicts

1. Agree that there is a problem.
2. Listen to each other.
3. Work together to reach an agreement.
4. Find a way for both sides to win.

Use the steps to help you solve this problem.

Your sister and a friend are playing a board game on the dining room table. They are talking and laughing together. You want to use the table to do your homework. Your sister says she was there first and shouldn't have to move her game. How can you and your sister resolve this conflict?

Family Words

Write the word from the box that best completes each sentence. Then answer the questions.

divorce **chores** **love**

- 1.** Jakob's parents are not married anymore.

His parents got a _____. Jakob feels sad. What can he do to help himself feel better?

- 2.** Alma puts away her toys. Ty helps his mom make dinner.

Ty and Alma do _____ to help at home. What are some other ways children can help at home?

- 3.** Reena shows her _____ for her little brother by reading to him at bedtime. What is another way you can show your family members that you care?



Caring for Your Neighborhood

Lesson 1 pp. 230–231

Read the sentence below each picture.
Then answer the questions.



Mr. Hill is the
school librarian.



Ms. Kim is the
school nurse.



Mr. Hoyt is the
school custodian.

1. You want books and magazines with health information. Who can you ask?
2. A flowerpot breaks in the classroom. Who will help clean it up?
3. You feel ill in class. Who can help you?

Lesson 2 pp. 232–235

Draw lines to finish the sentence about each **community** worker.

- | | |
|-----------------------|-------------------------------------|
| 1. Doctors and nurses | a. make sure people follow laws. |
| 2. Police officers | b. help keep streets clean. |
| 3. 911 operators | c. put out fires and rescue people. |
| 4. Trash collectors | d. help you when you are sick. |
| 5. Firefighters | e. answer calls for help. |

Lesson 3 pp. 236–237Draw three things that can be **recycled**.**Lesson 4** pp. 240–243

Write the word that best completes the sentence.

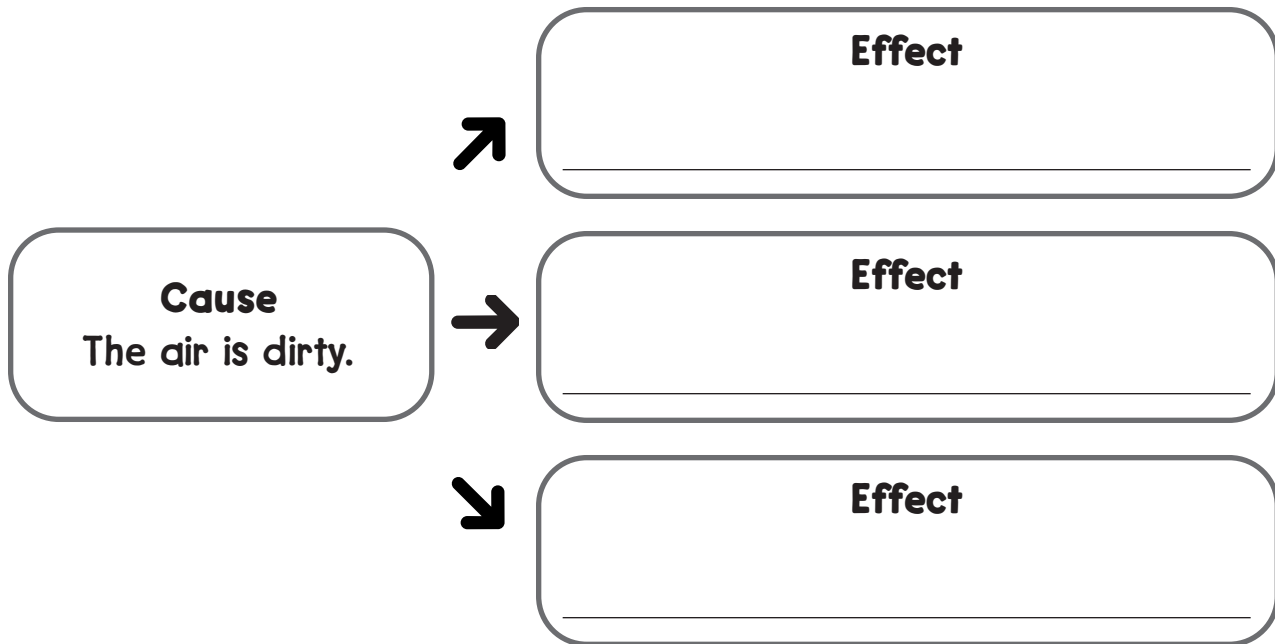
air**clean****dirty****grow****pollution****walk**

1. You need _____ air and water to live and stay healthy.
2. Water _____ is caused by dirt and harmful germs in the water.
3. If you drink _____ water, you can become ill.
4. Dirty _____ can harm your lungs.
5. Dirty air and water make it hard for plants to _____.
6. People can _____ or ride bikes to help keep the air clean.

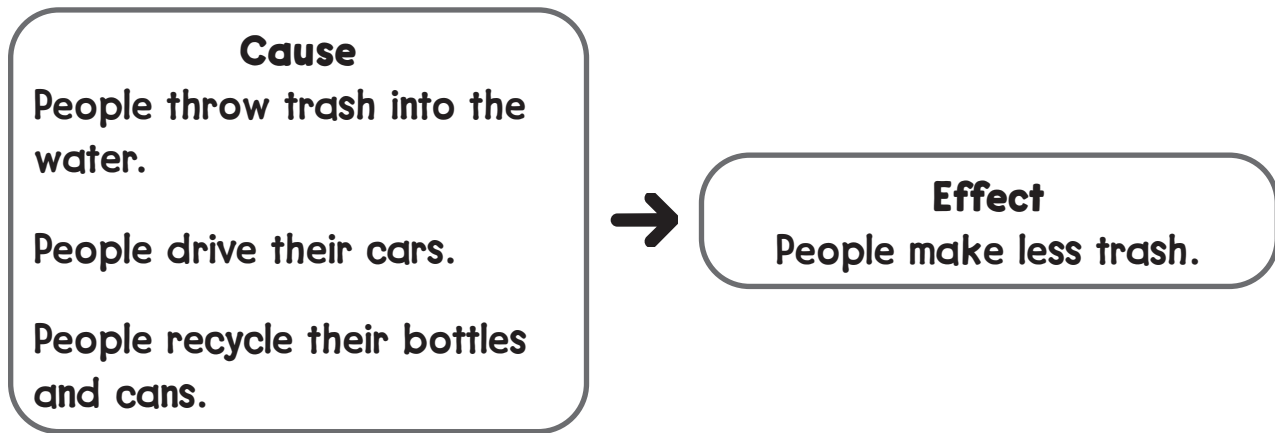
Find Cause and Effect

1. Read the sentences. Find three effects of dirty air. Write them in the graphic organizer.

Dirty air makes it hard for people to breathe. It makes it hard for plants to grow. People and animals become ill.



2. Read the effect. Circle the sentence that tells the cause.



Name _____



Make Decisions

Steps for Making Decisions

1. Think about the choices.
2. Say NO to choices that are against the law or your family's rules.
3. Ask yourself what could happen with each choice.
4. Make the best choice.

Use the steps to help you solve this problem.

You have a calendar with pretty pictures. At the end of the year, you get a new calendar. What do you do with your old one? How do you make your decision?

Name _____

Words in the Neighborhood

Find the term from the box that means the same as the underlined words in the sentence. Write your answer on the line.

air pollution community water pollution recycling

1. If people throw trash into ponds and oceans, there will be dirt and harmful germs in the water.

2. Harmful things in the air can make it hard for people to breathe.

3. If everyone puts trash where it belongs, the place where people live and work will stay clean.

4. People can make less trash by using materials in old things to make new things.
