

Health Quest

Health Quest is a health science elective course for upper elementary and junior high students. The curriculum introduces students to the concepts of what good health is, why good health is important, and what students should do in order to achieve good health.

Goals for this course include:

- Demonstrate an awareness of health as it applies to their own bodies, minds, and emotions.
- Demonstrate an awareness of health as it applies to their living environments.
- Identify the components of a healthy lifestyle and set reasonable goals to achieve a lifestyle of wellness.
- Understand that incorporating sound health practices creates a lifestyle of moderation and wellness.
- Describe health as it applies to broader society, the world, and their own responsibility to stimulate good health around them.

Unit 1: Your Body	
Assignments	
Health Quest	1. Course Overview
	2. Your Body's Tissues and Skeleton
	3. Experiment: Calcium
	4. Experiment: Exercise
	5. Quiz 1: Your Body's Tissues and Skeleton
	6. Circulatory and Respiratory Systems
	7. Experiment: The Heart
	8. Digestive and Excretory Systems
	9. Nervous and Endocrine Systems
	10. Report: Animal Body Systems
11. Quiz 2: Your Body's Systems	
12. Growth and Development	
13. Adolescence	
14. Adulthood	
15. Quiz 3: Your Body's Growth And Development	
16. Special Project*	
17. Test	
18. Alternate Test*	
19. Glossary and Credits	

Unit 2: Health	
Assignments	
Health Quest	1. Mental and Emotional Health
	2. Learning and Making Choices
	3. Project: Physical Play
	4. Quiz 1: Mental and Emotional Health
	5. Social Health
	6. Family
	7. Friends
	8. Quiz 2: Social Health
9. Personal Hygiene	
10. Teeth, Eyes, and Ears	
11. Quiz 3: Personal Hygiene	
12. Special Project*	
13. Test	
14. Alternate Test*	
15. Glossary and Credits	

Unit 3: Nutrition and Fitness	
Assignments	
Health Quest	1. Nutrition
	2. Nutrients
	3. Project: Nutrients
	4. Project: Ingredients
	5. Project: Advertisement*
	6. Quiz 1: Nutrition
	7. Basic Food Groups
	8. Good Eating
	9. Project: My Plate
	10. Project: Menu Planner
11. Quiz 2: Basic Food Groups	
12. Physical Fitness	
13. Top Condition	
14. Project: Fitness Program	
15. Essay: Improvements	
16. Quiz 3: Physical Fitness	
17. Special Project*	
18. Test	
19. Alternate Test*	
20. Glossary and Credits	

Unit 4: Health Maintenance		
Assignments		
Health Quest	1. Safety	12. Project: First Aid Kit
	2. Safety in the Home	13. Quiz 2: Emergency Care
	3. Project: Fire Escape	14. Disease and Prevention
	4. Other Dangers in the Home	15. Project: Immunizations
	5. Project: Safety Check	16. Infectious Diseases
	6. Road Safety	17. Quiz 3: Disease and Prevention
	7. Natural Disasters	18. Special Project*
	8. Quiz 1: Safety	19. Test
	9. Emergency Care: Part 1	20. Alternate Test*
	10. Project: Heimlich Maneuver	21. Glossary and Credits
	11. Emergency Care: Part 2	

Unit 5: Responsible Living		
Assignments		
Health Quest	1. Ecology	12. Alcohol Awareness
	2. Pollution	13. Tobacco Awareness
	3. Project: Pollutants	14. Sexually Transmitted Diseases and Pregnancy*
	4. Project: Recycle	15. Project: Letter
	5. Project: Conserve	16. Quiz 3: Alcohol, Tobacco, and Sexually Transmitted Diseases
	6. Quiz 1: Responsible Living	17. Special Project*
	7. Drug Awareness	18. Test
	8. Project: Poison Control	19. Alternate Test*
	9. Types of Drugs	20. Glossary and Credits
	10. Project: Expiration Dates	
	11. Quiz 2: Drug Awareness	