

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

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

Unit 3: Nutrition and Fitness		
Assignments		
Health Quest	1. Nutrition	11. Quiz 2: Basic Food Groups
	2. Nutrients	12. Physical Fitness
	3. Project: Nutrients	13. Top Condition
	4. Project: Ingredients	14. Project: Fitness Program
	5. Project: Advertisement*	15. Essay: Improvements
	6. Quiz 1: Nutrition	16. Quiz 3: Physical Fitness
	7. Basic Food Groups	17. Special Project*
	8. Good Eating	18. Test
	9. Project: My Plate	19. Alternate Test*
	10. Project: Menu Planner	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. Special Project*
	7. Natural Disasters	18. Quiz 3: Disease and Prevention
	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. Special Project*
	6. Quiz 1: Responsible Living	17. Quiz 3: Alcohol, Tobacco, and Sexually Transmitted Diseases
	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	