

# CURRICULUM OVERVIEW

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## Health Quest



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## Health Quest Course Overview

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 to achieve good health.

- **Your Body:** This unit introduces the different systems in the human body, showing how the body develops from birth through childhood, during adolescence, and in adulthood.
- **Health:** This unit demonstrates to students how they may develop good practices as they promote proper mental, emotional, physical, and social health.
- **Nutrition and Fitness:** This unit teaches how to establish healthy eating practices and proper fitness routines.
- **Health Maintenance:** This unit focuses on safety, emergency care, and disease prevention.
- **Responsible Living:** This unit discusses how students may apply the principles of responsible living, covering topics such as pollution, drugs, alcohol, tobacco, and sexually transmitted diseases and pregnancy.

Unit 1: Your Body	
Health Quest	Assignments
	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	
Health Quest	Assignments
	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		
Health Quest	Assignments	
	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		
Health Quest	Assignments	
	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		
Health Quest	Assignments	
	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	

(\*) Indicates alternative assignment