



Health Quest

ACADEMIC INSTRUCTIONAL LIBRARY



NFC ACADEMY

HealthQuest

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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.

UNIT 1: YOUR BODY

- Course Overview
- The "Stuff" You're Made Of
- Experiment: Calcium
- Quiz 1: The "Stuff" You're Made Of
- Alternate Quiz 1: The "Stuff" You're Made Of
- Your Breathe and Blood
- Experiment: The Heart
- Your Food Goes Where?
- What's Your Nervous System?
- Chomping, Winking and Listening
- Quiz 2: Your Breathe and Blood
- Alternate Quiz 2: Your Breathe and Blood
- Growing and Changing
- Keeping your Body Clean
- You're Growing Up: Hello Adolescence!
- You've Grown Up: Nice to Meet You, Adulthood!
- Quiz 3: Growing and Changing

- Alternate Quiz 3: Growing and Changing
- Test
- Alternate Test
- Glossary and Credits

UNIT 2: YOUR FEELINGS, EMOTIONS, AND BEHAVIORS

- How Are You Feeling Today?
- How Do I Make the Right Choice?
- Project: Physical Play
- Quiz 1: Your Feelings, Emotions, and Behaviors
- Alternate Quiz 1: Your Feelings, Emotions and Behaviors
- Social Skill Savvy
- Me and My Family
- I Am a Good Friend
- Quiz 2: Social Skill Savvy
- Alternate Quiz 2: Social Skill Savvy
- Test
- Alternate Test
- Glossary and Credits

UNIT 3: YOUR NUTRITION AND FITNESS

- You Are What You Eat!
- What's In the Food You're Eating?
- Project: Nutrients
- Project: Junk Food
- Activity: Advertisement
- Quiz 1: You Are What You Eat!
- Alternate Quiz 1: You Are What You Eat!
- Your Healthy Eating Habits
- My Plate

- Project: Menu Planner
- Quiz 2: Your Healthy Eating Habits
- Alternate Quiz 2: Your Healthy Eating Habits
- Let's Go Play!
- Experiment: Exercise
- Fitness Fun!
- Project: Fitness Program
- Activity: Improvements
- Quiz 3: Let's Go Play!
- Alternate Quiz 3: Let's Go Play!
- Test
- Alternate Test
- Glossary and Credits

UNIT 4: PLAY IT SAFE!

- Avoiding Accidents
- Safety in Your Home
- Project: Fire Escape
- Safety in Your Community
- Project: Safety Check
- Quiz 1: Playing it Safe!
- Alternate Quiz 1: Playing it Safe!
- Emergency! Your First Aid Answers
- Project: Heimlich Maneuver
- Project: First Aid Kit
- Quiz 2: Emergency! First Aid
- Alternate Quiz 2: Emergency! First Aid
- Dodging Disease
- Quiz 3: Dodging Disease
- Alternate Quiz 3: Dodging Disease
- Test
- Alternate Test
- Glossary and Credits

UNIT 5: BEING A GOOD STEWARD

- Being a Good Steward of God's Creation
- How Can I Prevent Pollution?
- Project: Pollutants
- Project: Recycle
- Project: Conserve
- Quiz 1: Being a Good Steward of God's Creation
- Alternate Quiz 1: Being a Good Steward of God's Creation
- Showing Stewardship for Yourself
- Project: Poison Control
- Project: Expiration Dates
- Quiz 2: Showing Stewardship for Yourself
- Alternate Quiz 2: Showing Stewardship for Yourself
- Project: Letter
- Test
- Alternate Test
- Glossary and Credits