



CURRICULUM CATALOG

Health Quest

online.calverthomeschool.com

Table of Contents

HEALTH QUEST COURSE OVERVIEW	1
UNIT 1: YOUR BODY	1
UNIT 2: HEALTH.....	1
UNIT 3: NUTRITION AND FITNESS.....	2
UNIT 4: HEALTH MAINTENANCE.....	2
UNIT 5: RESPONSIBLE LIVING	2

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		
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. Quiz 3: Your Body's Growth And Development
	6. Circulatory and Respiratory Systems	16. Special Project*
	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. 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	

(*) Indicates alternative assignment