



# monarch

Curriculum Catalog

Health Quest

## Table of Contents

<b>HEALTH QUEST COURSE OVERVIEW .....</b>	<b>1</b>
UNIT 1: YOUR BODY .....	1
UNIT 2: YOUR FEELINGS, EMOTIONS, AND BEHAVIORS.....	1
UNIT 3: YOUR NUTRITION AND FITNESS.....	2
UNIT 4: PLAY IT SAFE! .....	2
UNIT 5: BEING A GOOD STEWARD.....	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 in order to achieve good health.

Upon completion of the course, students should be able to do the following:

- 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.
- Understand the responsibility of properly stewarding the bodies God has given them as directed in the Bible.
- 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	12. Alternate Quiz 2: Your Breath and Blood*
	2. The "Stuff" You're Made Of	13. Growing and Changing
	3. Experiment: Calcium	14. Keeping your Body Clean
	4. Quiz 1: The "Stuff" You're Made Of	15. You're Growing Up: Hello Adolescence!
	5. Alternate Quiz 1: The "Stuff" You're Made Of *	16. You've Grown Up: Nice to Meet You, Adulthood!
	6. Your Breath and Blood	17. Quiz 3: Growing and Changing
	7. Experiment: The Heart	18. Alternate Quiz 3: Growing and Changing*
	8. Your Food Goes Where?	19. Special Project*
	9. What's Your Nervous System?	20. Test
	10. Chomping, Winking and Listening	21. Alternate Test*
	11. Quiz 2: Your Breath and Blood	22. Glossary and Credits

Unit 2: Your Feelings, Emotions, and Behaviors		
Assignments		
Health Quest	1. How Are You Feeling Today?	8. I Am a Good Friend
	2. How Do I Make the Right Choice?	9. Quiz 2: Social Skill Savvy
	3. Project: Physical Play	10. Alternate Quiz 2: Social Skill Savvy*
	4. Quiz 1: Your Feelings, Emotions, and Behaviors	11. Special Project*
	5. Alternate Quiz 1: Your Feelings, Emotions and Behaviors*	12. Test
	6. Social Skill Savvy	13. Alternate Test *
	7. Me and My Family	14. Glossary and Credits

Unit 3: Your Nutrition and Fitness		
Assignments		
Health Quest	1. You Are What You Eat!	13. Let's Go Play!
	2. What's In the Food You're Eating?	14. Experiment: Exercise
	3. Project: Nutrients	15. Fitness Fun!
	4. Project: Junk Food	16. Project: Fitness Program
	5. Activity: Advertisement*	17. Activity: Improvements
	6. Quiz 1: You Are What You Eat!	18. Quiz 3: Let's Go Play!
	7. Alternate Quiz 1: You Are What You Eat!*	19. Alternate Quiz 3: Let's Go Play!*
	8. Your Healthy Eating Habits	20. Special Project*
	9. My Plate	21. Test
	10. Project: Menu Planner	22. Alternate Test*
	11. Quiz 2: Your Healthy Eating Habits	23. Glossary and Credits
	12. Alternate Quiz 2: Your Healthy Eating Habits*	

Unit 4: Play it Safe!		
Assignments		
Health Quest	1. Avoiding Accidents	11. Quiz 2: Emergency! First Aid
	2. Safety in Your Home	12. Alternate Quiz 2: Emergency! First Aid*
	3. Project: Fire Escape	13. Dodging Disease
	4. Safety in Your Community	14. Quiz 3: Dodging Disease
	5. Project: Safety Check	15. Alternate Quiz 3: Dodging Disease*
	6. Quiz 1: Playing it Safe!	16. Special Project*
	7. Alternate Quiz 1: Playing it Safe!*	17. Test
	8. Emergency! Your First Aid Answers	18. Alternate Test*
	9. Project: Heimlich Maneuver	19. Glossary and Credits
	10. Project: First Aid Kit	

Unit 5: Being a Good Steward		
Assignments		
Health Quest	1. Being a Good Steward of God's Creation	9. Project: Poison Control
	2. How Can I Prevent Pollution?	10. Project: Expiration Dates
	3. Project: Pollutants	11. Quiz 2: Showing Stewardship for Yourself
	4. Project: Recycle	12. Alternate Quiz 2: Showing Stewardship for Yourself*
	5. Project: Conserve	13. Project: Letter
	6. Quiz 1: Being a Good Steward of God's Creation	14. Special Project*
	7. Alternate Quiz 1: Being a Good Steward of God's Creation*	15. Test
	8. Showing Stewardship for Yourself	16. Alternate Test*
	17. Glossary and Credits	

(\*) Indicates alternative assignment