



Switched-On
SCHOOLHOUSE

Course Catalog

Health Quest

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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	
HEALTH QUEST	Assignment Titles
	1. Course Overview
	2. The "Stuff" You're Made Of
	3. Experiment: Calcium
	4. Quiz 1: The "Stuff" You're Made Of
	5. Alternate Quiz 1: The "Stuff" You're Made Of *
	6. Your Breathe and Blood
	7. Experiment: The Heart
	8. Your Food Goes Where?
	9. What's Your Nervous System?
	10. Chomping, Winking and Listening
	11. Quiz 2: Your Breathe and Blood
12. Alternate Quiz 2: Your Breathe and Blood*	
13. Growing and Changing	
14. Keeping your Body Clean	
15. You're Growing Up: Hello Adolescence!	
16. You've Grown Up: Nice to Meet You, Adulthood!	
17. Quiz 3: Growing and Changing	
18. Alternate Quiz 3: Growing and Changing*	
19. Special Project*	
20. Test	
21. Alternate Test*	
22. Glossary and Credits	

UNIT 2: YOUR FEELINGS, EMOTIONS, AND BEHAVIORS	
HEALTH QUEST	Assignment Titles
	1. How Are You Feeling Today?
	2. How Do I Make the Right Choice?
	3. Project: Physical Play
	4. Quiz 1: Your Feelings, Emotions, and Behaviors
	5. Alternate Quiz 1: Your Feelings, Emotions and Behaviors*
	6. Social Skill Savvy
	7. Me and My Family
	8. I Am a Good Friend
	9. Quiz 2: Social Skill Savvy
	10. Alternate Quiz 2: Social Skill Savvy*
	11. Special Project*
	12. Test
	13. Alternate Test *
14. Glossary and Credits	

UNIT 3: YOUR NUTRITION AND FITNESS				
Assignment Titles				
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!				
Assignment Titles				
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				
Assignment Titles				
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 alternate assignment