

Health Quest

Unit	Lesson Title	Lesson Objectives
1 - YOUR BODY		
L1	YOUR BODY'S BUILDING BLOCKS AND FRAMEWORK	Recognize that cells are the fundamental structural unit of the human body, Understand and list the organization of cells to systems Describe and name major parts of the skeletal and muscular systems
L1e1	EXPERIMENT: CALCIUM	Explain how calcium is vital to bones
L1e2	EXPERIMENT: EXERCISE	Discuss why exercise is important for muscle strength
L2	YOUR BODY'S CIRCULATORY AND RESPIRATORY SYSTEMS	Discuss and describe the functions of the left and right sides of the heart Differentiate between the three types of blood vessels Know the different components of blood Understand the main function of the respiratory system List and identify the major and accessory organs of the respiratory system
L2e1	EXPERIMENT: HEART	Locate your pulse and recognize the importance of the heart
L3	DIGESTIVE AND EXCRETORY SYSTEMS	Locate your pulse and recognize the importance of the heart
L4	NERVOUS AND ENDOCRINE SYSTEMS	State the function of the nervous system Distinguish between the two divisions of the nervous system and the organs associated with each Differentiate between the three major parts of the brain Describe the functions of the different organs of the endocrine system
L3e1	REPORT: ANIMAL BODY SYSTEMS	List the eight systems of the human body
L5	YOUR BODY'S GROWTH AND DEVELOPMENT	Explain fertilization and conception Recognize that one-half of a persons genetic material comes from their father and one-half from their mother Summarize the changes that occur from conception to childhood
L6	ADOLESCENCE	Define adolescence Discuss the physical, emotional, social, intellectual, and spiritual changes that take place during adolescence
L7	ADULTHOOD	Summarize the physical, mental, and spiritual indicators that will help a person lead a productive healthy life

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2 - HEALTH		
L1	MENTAL AND EMOTIONAL HEALTH	Differentiate between physical, mental and emotional health Discuss and describe diseases and disorders of the mind Discuss and describe emotional disorders
L2	LEARNING AND MAKING CHOICES	State the steps needed to make decisions Describe what emotional health is Discuss where to get help when a person has emotional problems
L2e1 L3	PROJECT: PHYSICAL PLAY SOCIAL HEALTH	Perform regular physical activities to improve emotional health Define social health List factors that affect a person's social health
L4	FAMILY	Summarize your responsibility as a part of a family Define agape
L5	FRIENDS	Recognize the importance of friends Differentiate between the healthy and unhealthy aspects of friendships
L6	PERSONAL HYGIENE	Understand the positive effects of good personal hygiene Explain the effects of healthy behaviors on skin, hair, and nails
L7	TEETH, EYES, AND EARS	List the duties one should perform to maintain good personal hygiene Explain the effects of healthy behaviors on eyes, ears, and teeth Know the parts of the eyes, ears, and teeth
3 - NUTRITION AND FITNESS		
L1	NUTRITION	Understand that good nutrition supplies the body with calories and nutrients needed for maximum energy and wellness Recognize that nutrients are classified into six groups --- carbohydrates, proteins, fats, vitamins, minerals, and water
L2	NUTRIENTS	Describe the functions of the six basic nutrients Identify nutrients in a variety of foods Explain the relationship between good nutrition and disease prevention
L2e1	PROJECT: NUTRIENTS	Identify two foods that are good sources of one or more of the six major nutrients
L2e2 alt2e3 L3	REPORT: JUNK FOOD ACTIVITY: ADVERTISEMENT BASIC FOOD GROUPS	Report major nutrients found in junk foods Utilize the Food Pyramid to identify the five different food groups and the amounts needed for healthy living
L4	GOOD EATING	Understand how to read food labels Recognize the importance of developing good eating habits early in life
L4e2 L4e3 L5	ACTIVITY: FOOD PYRAMID PROJECT: MENU PLANNER PHYSICAL FITNESS	Evaluate the foods ingested in a day using the Food Pyramid Develop a menu for your family utilizing the Food Pyramid. Define physical fitness Describe the four components of physical fitness
L6	TOP CONDITION	Differentiate between fat mass and lean mass Discuss what a good exercise program includes
L6e1	PROJECT: FITNESS PROGRAM	Identify your weekly physical activities Calculate the amount of time spent doing these physical activities
L6e2	ACTIVITY: IMPROVEMENTS	List two ways to improve your current activity level
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4 - HEALTH MAINTENANCE

L1	SAFETY	Name strategies for preventing accidents
L2	SAFETY IN THE HOME	Learn strategies for preventing accidents in the home to provide a safe environment
L2e	PROJECT: FIRE ESCAPE	Draw out a floor plan for fire exits to your home and provide practice dates for fire drills
L3	OTHER DANGERS IN THE HOME	Recognize other sources of danger in the home Name strategies to minimize these dangers
L3e	PROJECT: SAFETY CHECK	Recognize other sources of danger in the home Utilize the inventory list to perform a safety check in your home
L4	PEDESTRIAN SAFETY	Know the rules to provide a safe pedestrian experience Explain safety precautions for bicyclists Name the number one rule for being a passenger in a car or truck List guidelines for swimming safety
L5	NATURAL DISASTERS	Recognize that natural disasters do occur and where they occur Identify ways to be generally prepared for such disasters
L6	EMERGENCY CARE: PART 1	Summarize the American Red Cross "Check - Call - Care" policy Understand the importance of first aid Discuss the actions to take in different emergency situations
L6e	PROJECT: HEIMLICH MANEUVER	Perform the Heimlich maneuver on a parent or adult
L7	EMERGENCY CARE: PART 2	Be familiar with the actions to take in the emergency situations listed in this section
L7e1	PROJECT: FIRST AID KIT	Inventory, purchase, and stock items for a first aid kit
L8	DISEASE AND PREVENTION	Define disease Understand that diseases fall into several categories by similarity or cause Distinguish between the major categories of diseases
L8e2	ACTIVITY: IMMUNIZATIONS	Report on the required immunizations and the diseases they prevent
L9	INFECTIOUS DISEASES	Identify the types of pathogens that cause infectious diseases Evaluate the relationship between healthful behaviors and the way that infectious diseases are spread Understand how the body protects itself against pathogens Explain how immunizations protect against pathogens

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5 - STEWARDSHIP		
L1	STEWARDSHIP OF GOD'S CREATION	Recognize how the environment influences the health of the community Differentiate between the layers of the atmosphere Understand the importance of water and land
L2	POLLUTION	Describe how water and land are cleansed naturally Identify the sources of air, land and water pollution Examine strategies for reducing air, land and water pollution Report strategies for conserving water
L2e1	PROJECT: POLLUTANTS	Discuss how prevention of pollution is everyone's responsibility Perform a pollutant check of a home Identify safe and unsafe chemicals and chemical storage in the home
L2e2	PROJECT: RECYCLE	Discuss with a parent or adult strategies to correct possible causes of pollution in the home Locate and label storage containers for recyclable items in the home
L2e3	PROJECT: CONSERVE	Assist their family in using the recyclable containers Identify and utilize strategies to conserve water Identify safe and unsafe chemicals and chemical storage in the home Discuss with a parent or adult strategies to correct possible causes of pollution in the home
L3	STEWARDSHIP OF YOUR BODY: DRUGS	
L3e	PROJECT: POISON CONTROL	
L4	TYPES OF DRUGS	
L4e1	PROJECT: EXPIRATION DATES	
L5	STEWARDSHIP OF YOUR BODY: ALCOHOL	
L6	STEWARDSHIP OF YOUR BODY: TOBACCO	
L6e2	ACTIVITY: LETTER	
altl7	SEXUALLY TRANSMITTED DISEASES	