



Health Quest

Teacher's Guide

CONTENTS

Curriculum Overview	3
LIFEPAC® Management	7
Teacher Notes	17
Scripture Memory Exercises	25
Alternate Tests	33
Answer Keys	49
Self Test Keys	67
LIFEPAC Test Keys	83
Alternate Test Keys	89

Editor:

Alan Christopherson, M.S.



Alpha Omega Publications®

804 N. 2nd Ave. E., Rock Rapids, IA 51246-1759

© MCMXCIX by Alpha Omega Publications, Inc. All rights reserved.

LIFEPAC is a registered trademark of Alpha Omega Publications, Inc.

All trademarks and/or service marks referenced in this material are the property of their respective owners. Alpha Omega Publications, Inc. makes no claim of ownership to any trademarks and/or service marks other than their own and their affiliates', and makes no claim of affiliation to any companies whose trademarks may be listed in this material, other than their own.

Health Quest



Curriculum Overview



LIFEPAK 1 LIFEPAK 2 LIFEPAK 3 LIFEPAK 4 LIFEPAK 5

Health Quest

PHYSICAL HEALTH

- Body building blocks
- Body framework
- Body systems
- Growth & development

MENTAL HEALTH

- Thinking & learning
- Emotional disorders
- Social health
- Personal hygiene

NUTRITION

- Nutrients & metabolism
- Basic food groups
- Physical fitness
- Good eating habits

INJURY & DISEASE

- Safety & accidents
- Natural disasters
- Emergency care
- Disease & prevention

STEWARDSHIP

- Environment & health
- Use & misuse of drugs
- Alcohol & alcoholism
- Smoking

