



# Health Quest

UNIT	PROJECT	BOOK / ITEM	NOTES
		<ul style="list-style-type: none"> <li>Notebook and pencil</li> </ul>	General purchases
1: Your Body	<b>Calcium</b>	<ul style="list-style-type: none"> <li>1 egg</li> <li>Household vinegar</li> <li>A clear, glass container large enough to hold the egg</li> </ul>	A hard boiled egg is less messy if you accidentally break it, but raw is fine too
1: Your Body	<b>The Heart</b>	<ul style="list-style-type: none"> <li>Stopwatch to count 15 seconds</li> <li>Calculator</li> <li>Ability to find pulse in one of three spots</li> </ul>	
4: Play it Safe	<b>Fire Escape</b>	<ul style="list-style-type: none"> <li>Large piece of paper and pencil to draw out floor plan.</li> <li>Access to the house to look for exits, etc.</li> </ul>	
4: Play it Safe	<b>Safety Check</b>	<ul style="list-style-type: none"> <li>A printer to print out the safety check form</li> <li>Access to the house to walk around and check for safety hazards</li> <li>Potentially the family will add household safety items after the check</li> </ul>	The print is optional
4: Play it Safe	<b>First Aid Kit</b>	<ul style="list-style-type: none"> <li>Access to a printer to view the checklist</li> <li>Access to the family first aid kit to make an inventory</li> <li>Potentially the family will add to the first aid kit after the inventory</li> </ul>	
5: Being a Good Steward	<b>Recycling</b>	<ul style="list-style-type: none"> <li>Access to the family's recycling for a week</li> </ul>	
5: Being a Good Steward	<b>Poison Control</b>	<ul style="list-style-type: none"> <li>Phone book</li> <li>Place to hang Poison Control Center phone number</li> </ul>	