

Checkpoint 1

Water

When health is absent,
(Write this phrase on line 1 on your Health Quest Answer Sheet,
Part A.)

List five ways to get water into your diet and stay well hydrated
on your Health Quest Answer Sheet, Part B, checkpoint 1.

Set your compass to this degree: _____

Go the following distance: _____

Checkpoint 2

Carbohydrate

wisdom cannot reveal itself,
(Write this phrase on line 2 on your Health Quest Answer Sheet, Part A.)

List five foods that provide carbohydrates on your Health Quest Answer Sheet, Part B, checkpoint 2.

Set your compass to this degree: _____

Go the following distance: _____

Checkpoint 3

Fat

art cannot become manifest,
(Write this phrase on line 3 on your Health Quest Answer Sheet,
Part A.)

List five foods that provide fats on your Health Quest Answer
Sheet, Part B, checkpoint 3.

Set your compass to this degree: _____

Go the following distance: _____

Checkpoint 4

Protein

strength cannot be exerted,

(Write this phrase on line 4 on your Health Quest Answer Sheet, Part A.)

List five foods that provide protein on your Health Quest Answer Sheet, Part B, checkpoint 4.

Set your compass to this degree: _____

Go the following distance: _____

Checkpoint 5

Vitamins

wealth is useless,

(Write this phrase on line 5 on your Health Quest Answer Sheet, Part A.)

List five foods that are rich in vitamins on your Health Quest Answer Sheet, Part B, checkpoint 5.

Set your compass to this degree: _____

Go the following distance: _____

Checkpoint 6

Minerals

and reason is powerless. —Herophiles 300 BC
(Write this phrase on line 6 on your Health Quest Answer Sheet, Part A.)

List five foods that are rich in minerals on your Health Quest Answer Sheet, Part B, checkpoint 6.

Set your compass to this degree: _____

Go the following distance: _____