



## **HEALTH QUEST ANSWER SHEET**

### **Part A**

Copy the line listed at each checkpoint.

Line 1 \_\_\_\_\_  
Line 2 \_\_\_\_\_  
Line 3 \_\_\_\_\_  
Line 4 \_\_\_\_\_  
Line 5 \_\_\_\_\_  
Line 6 \_\_\_\_\_

Who is credited with this statement? \_\_\_\_\_

When is he believed to have written this? \_\_\_\_\_

### **Part B**

List the five items requested at each checkpoint.

Checkpoint 1: Water

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Checkpoint 2: Carbohydrate

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## HEALTH QUEST ANSWER SHEET *(continued)*

Checkpoint 3: Fat

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Checkpoint 4: Protein

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Checkpoint 5: Vitamins

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Checkpoint 6: Minerals

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