

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 Activity 6.6 Health Quest Answer Sheet From NASPE, 2011, Physical Best activity guide: Middle and high school levels, 3rd edition (Champaign, IL: Human Kinetics).

IEALTH QUEST ANSWER SHEET (continued)	
Checkpoint 3: Fat	
Checkpoint 4: Protein	
Checkpoint 5: Vitamins	
Checkpoint 6: Minerals	
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ctivity 6.6 Health Quest Answer Sheet rom NASPE, 2011, <i>Physical Best activity guide: Middle and high school levels</i> , 3rd edition (Champaign, IL: Human Kinetics).	