



# HEALTH QUEST

CENTER FOR HEALTH & LEARNING

Dear Teachers,

The Center for Health and learning is delighted to have your students utilize this learning unit. Throughout the year they will discover ways to encourage healthful behaviors for themselves and their whole community.

The purpose of this program is to offer a standards based, interactive educational challenge to middle school classes throughout Vermont that will broaden their understanding of how common chronic diseases like heart disease, cancer and diabetes impact our world and our own communities.

Using this interdisciplinary project, students will research statistics, conduct interviews and decipher survey data that will reveal the proven health risks of their own community. From this information, students will prepare an action plan for prevention which can be presented to their school board.

## Materials Included:

Pre and Post tests

5 Learning Tasks

Guidelines for final project

Health Assessment Survey

Student Support Materials

Certificate of participation upon completion of program

Promotion of student's accomplishments on Health Quest web site

We look forward to having you participate,

JoEllen Tarallo-Falk  
Executive Director Center for Health and Learning