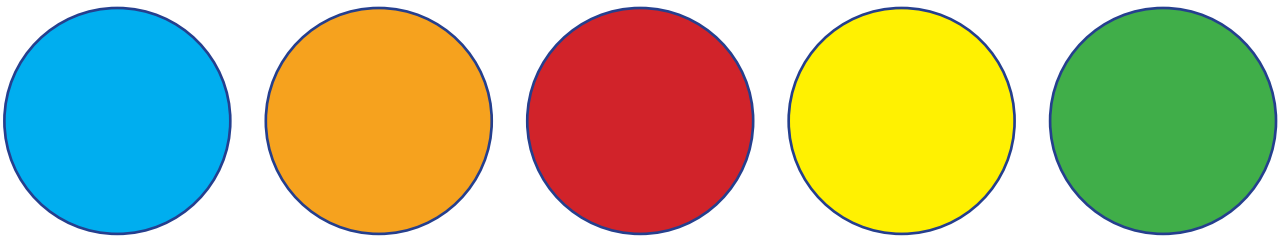


## White Band Challenge - age 7+

To earn your white band, complete the following tasks:

1. Write the names of 1 fruit or vegetables for each colour into the correct circle:



2. **What is the odd one out?**

- a. Spinach   b. Pear   c. Kale   d. Carrot
- a. Cauliflower   b. Apple   c. Orange   d. Strawberry
- a. Banana   b. Raspberry   c. Strawberry   d. Cherry

3. **Which Superstar's Super Power are we talking about?**

I have the power to stop disease and taste great with a little cheese  
Leave on my skin to keep the fibre in  
I grow upon a tall palm tree you get healthy fats and oils from me

4. **What is the Superpower of:**

Polly Pear  
Barry Banana

5. **Perform the following exercises correctly:**

- a. March
- b. Trunk twist with a ball
- c. Touch your toes
- d. Arm Circles
- e. Bicep Curl (with bean bags)
- f. Tricep dip
- g. Hip Circle

