

Green Band Challenge - age 7+

To earn your green band, complete the following tasks:

- a. Name 5 green fruits or vegetables
b. Name 1 Herb
c. Name 1 Spice

2. **True or False**

- Spinach grows on trees T / F
- Broccoli grows in the ground T / F
- Peas grow on vines T / F
- Cucumber grow on vines T / F

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

I help digest your food and brighten up your mood
Let it be known, I'm the best for strong skin and bone
I can help your joints to flow and encourage your hair to grow

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

Suzie Spinach
Limmy Lime

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

- Plank
- Mountain Climber
- Side Lunge
- Box press-up
- Yoga Tree
- Downward Dog

