



The Fitness & Nutrition Program for children.

## Blue/Purple Band Challenge - age 7+

To earn your blue band, complete the following tasks:

1. a. Name 4 blue or purple fruits or vegetables  
b. Name 1 Herb  
c. Name 1 Spice

### 2. True or False

- a. Beetroot is a fruit that grows on trees T/F
- b. Milk is good for your bones T / F
- c. Blueberries are good for your memory T / F

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

I can make you stronger so you can run for longer  
I help your muscles when you play sport and I give your heart support

### 4. What is the Superpower of:

- a. Billie Blueberry
- b. Bobby Blackberry

### 5. Perform the following exercises correctly:

- a. Crab walk
- b. Waist Circles
- c. Scissor arms
- d. Hop in a straight line
- e. Torso Twist

