

Red Band Challenge - age 7+

To earn your red band, complete the following tasks:

1. a. Name 6 red fruits or vegetables
b. Name 1 Herb
c. Name 1 Spice

2. True or False

- a. Tomatoes are a fruit T / F
- b. Strawberries grow in winter T / F
- c. Cranberries grow in marsh land T / F
- d. You can use frozen raspberries in smoothies T / F
- e. Cherries contain pips T / F

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

I will quench your thirst and give you an energy burst
I'm a disease fighting berry who can make you feel merry
I'll help you fight coughs and sneezes and other nasty diseases
I'm bursting with Vitamin C to keep your body young and healthy

4. What is the Superpower of:

- a. Star Strawberry
- b. Adam Apple

5. Perform the following exercises correctly:

- a. 10 x Jumping Jacks
- b. Hop Scotch
- c. 10 x Switch Jump
- d. Scissor Kicks
- e. Alternate L's

