

Orange/Yellow Band Challenge - age 4+

To earn your orange band, complete the following tasks:

1. **Can you name**

3 orange or yellow fruits or vegetables

2. a. **What is healthier, making your own orange juice or buying orange juice in a carton?**

b. **Are Carrots are only ever orange in colour..... Y/N**

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

When you have a cold in your chest, my zest will get you back to your best.

If you have a bruise, I'm the one to choose

I can help your eyes to see in dark night skies

Frozen, fresh or on the cob, protecting your brain is my job

Juice me for vitamin C I will boost up your immunity

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

a. Yoga Cat/Cow

b. Squat

c. Heel to Toe

d. Lunge

