

Blue/Purple Band Challenge - age 4+

To earn your blue band, complete the following tasks:

1. Can you name

- a. 3 blue or purple fruits or vegetables
- b. 1 Herb

2. True or False

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

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

I can make you stronger so you can run for longer
I protect every cell and help your brain work well
Eat a handful of me to keep you germ free
I help your muscles when you play sport and I give your heart support

4. Perform the following exercises correctly:

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

