

Red Band Challenge - age 4+

To earn your red band, complete the following tasks:

1. Can you name

- a. 5 red fruits or vegetables
- b. 1 Herb
- c. 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
An _____ a day takes the toxins away
I help take cuts and bruises away and give you energy to go and play

4. Perform the following exercises correctly:

- a. 10 Seconds jog on the spot (fast)
- b. 10 Seconds jog on the spot (slow)
- c. 5 x Jumping Jacks
- d. Hop Scotch
- e. Bicycle

