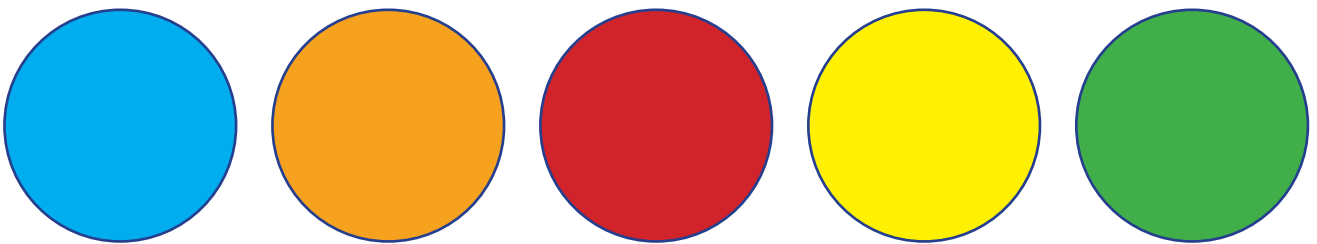


White Band Challenge - age 4+

To earn your white band, complete the following tasks:

1. Draw the following fruits & vegetables in the correct circle:

- a. Banana b. Carrot c. Strawberry d. Broccoli e. Blueberry



2. What is the odd one out?

- (i) a. Spinach b. Pear c. Kale d. Carrot
(ii) a. Cauliflower b. Apple c. Orange d. Strawberry

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

I am so sweet to taste and help your body get rid of waste
I give you energy fast and slow when you want to go, go, go
I have the power to stop disease and taste great with a little cheese
Leave on my skin to keep the fibre in

4. Perform the following exercises correctly:

- a. March
b. Trunk twist with a ball
c. Touch your toes
d. Arm Circles
e. Bicep Curl (with bean bags)

