

Orange/ Yellow Band Challenge - age 7+

To earn your orange band, complete the following tasks:

1. a. Name 5 orange or yellow fruits or vegetables
- b. Name 1 Herb
- c. Name 1 Spice

2. **True or False**

- a. Making your own orange juice is healthier than buying orange juice in a carton... T / F
- b. Carrots are only ever orange in colour T / F
- c. Sweet potatoes are actually a fruit... T / F
- d. Adding Greek yogurt to smoothies adds protein... T / F

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

Frozen, fresh or on the cob, protecting your brain is my job
When you have a cold in your chest, my zest will get you back to your best
I am bursting with vitamins A, B & C. I will keep your eyes and skin healthy

4. **What is the Superpower of:**

Chris Carrot
OJ Orange
Pablo Pineapple

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

- a. 5 x Squats
- b. 5 x Squat Jumps
- c. 5 x Burpees
- d. Yoga Cat/Cow

