

**NUTRITION:
GAME
ON!**

MAX MOTION'S FLAVOR IN MOTION CHALLENGE

**A PINCH
OF FUN**

TASTE THE FUN. MOVE THE FLAVOR!

Foods have different flavors; and movement can be fun in different ways too!
Try each Flavor Move with Max Motion.

Do each move for 30 seconds:



SWEET JUMP

Jump up high like you're full of energy. Big, happy movement.



SOUR STRETCH

Make a long stretch to the sky, then side to side. Long, slow movement.



SALTY TWIST

Twist your body gently left and right. Smooth, steady movement.



BITTER BALANCE

Stand on one foot, then switch. Careful, focused movement.



SPICY QUICK STEPS

Run in place with fast feet. Fast, exciting movement.



UMAMI STRONG POSE

Make your strongest superhero pose. Strong, powerful movement.

**FUN FACT: TRYING MANY FLAVORS AND MANY MOVEMENTS
KEEPS OUR BODIES CURIOUS AND ENERGIZED!**

MAX MOTION'S FLAVOR IN MOTION CHALLENGE

CREATE YOUR OWN FLAVOR DANCE!

Variety makes food fun and movement fun too.

AT-HOME CHALLENGE:

- ☐ Think about the six flavors: sweet, sour, salty, bitter, spicy, and umami.
- ☐ Make one movement for each flavor.
- ☐ Put the moves together into a Flavor Dance and perform it for one song.

WHAT DID YOU DO?

- ☐ I tried different movements
- ☐ I created my own dance
- ☐ I had fun moving

FLAVOR & FAMILY CONNECTION

- ☐ Share your Flavor Dance with someone at home.
- ☐ Talk about favorite flavors you enjoy at meals.
- ☐ Try moving together for one whole song.

**MAX MOTION TIP: TRYING NEW FLAVORS AND NEW
MOVEMENTS HELPS OUR BODIES STAY EXCITED, ACTIVE,
AND READY TO LEARN EVERY DAY!**

