

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_

1. Fill in the blank to find what kind of superfood Alfusa is.
2. A\_F\_ \_ F\_
3. \_ A\_BB\_\_
4. D\_ N \_ L \_ \_ N
5. \_PP\_ E
6. What is Alfusa’s third most powerful vitamin?
7. Vitamin K
8. Magnesium
9. Folate
10. Vitamin C
11. Unscramble to discover Alfusa’s most powerful vitamin.
12. Lofate
13. Vitamtni K
14. Vmiinta K
15. Gamenese
16. Rewrite to uncover Alfusa’s second most powerful vitamin.

Hint: It’s written backwards!

1. C Minavit
2. C Nimativ
3. Folate
4. Vitamin K
5. What is Alfusa’s third most powerful mineral?
6. Magnesium
7. Manganese
8. Vitamin C
9. Copper
10. Unscramble to uncover Alfusa’s second most powerful mineral.
11. Esemenge
12. Amsganene
13. Coperp
14. Toalfe
15. Rewrite to discover Alfusa’s most powerful mineral.

Hint: It’s written backwards!

1. Reppoc
2. Pernerc
3. Esenagnam
4. Etalof
5. Aflusa is on the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ team.
6. Legume
7. Seed
8. Nut
9. Fruit
10. What does Alfusa’s superpower help with?
    1. Antioxidants
    2. Cholesterol
    3. Kidney
    4. Liver
11. What is the serving size on Alfusa’s trading card?
12. 1 ounce
13. 1 Cup, Cooked
14. 1 Cup, Raw
15. ½ Cup
16. If you had half of Alfusa’s size, how many calories would you have?
17. 2
18. 4
19. 8
20. 10
21. Fill in the blank to discover what continent Alfusa is from.
22. \_M\_R \_ I \_ A
23. \_F \_ I\_ A
24. A \_ I \_
25. \_ O \_ T\_ A \_ \_R I \_ A
26. Solve the math equation in order to find Alfusa’s correct energy.
27. 10 – 2
28. 2+ 4
29. 2 x 2
30. 4÷ 2

14. Which altered state does Tradeskool suggest to maximize Alfusa’s flavor?

1. Layered in a Sandwich
2. Sliced in a Fruit Salad
3. Mixed in a Salad
4. Blended
5. What is the main body part used in Alfusa’s special move?
6. Legs
7. Abs
8. Arms
9. Shoulders