

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

1. Fill in the blank to find what kind of superfood Super Starch is.
2. S W\_ \_ T P \_ T \_T O
3. \_ P I N \_ C H
4. \_ I G
5. A P P \_ \_
6. What is Super Starch’s second most powerful vitamin?
7. Vitamin B6
8. Folate
9. Pantothenic Acid
10. Riboflavin
11. What vitamin has less power than the Super Starch’s second most powerful vitamin?
12. Vitamin B6
13. Folate
14. Pantothenic Acid
15. Thaimin
16. Unscramble to uncover Super Starch’s most powerful vitamin.
17. A Nitmaiv
18. Niamiht
19. Satopium
20. K minativ
21. What is Super Starch’s second most powerful mineral?
22. Selenium
23. Potassium
24. Iron
25. Magnesium
26. Which mineral is more powerful than Super Starch’s second most powerful mineral?
27. Manganese
28. Phosphorus
29. Calcium
30. Potassium
31. Rewrite to discover Super Starch’s third most powerful mineral.

Hint: It’s written backwards!

1. Reppoc
2. Nori
3. Esenagnam
4. Muissatop
5. Super Starch is on the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ team.
6. Fruit
7. Vegetable
8. Herb
9. Legume
10. What does Super Starch’s superpower help with?
	1. Digestion
	2. Migraines
	3. Antioxidants
	4. Nerve Stimulation
11. What is the serving size on Super Starch’s trading card?
12. 1 Potato
13. 2 Potatoes
14. 2 Cups, Chopped
15. 1 Cup, Whole
16. If you had half Super Starch’s size, how many calories would you have?
17. 162
18. 81
19. 25
20. 7
21. Fill in the blank to discover what continent Super Starch is from.
22. E \_R\_ \_ E
23. \_M\_R \_ I \_ A
24. \_ O R T\_ A \_ \_R I \_ A
25. A \_ \_ A

1. Solve the math equation in order to find Super Starch’s correct energy.
2. 7 x 6
3. 200 ÷ 2
4. 16 x 10 + 2
5. 52 + 4

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

1. Baked with Sea Salt and Pepper
2. Stir-Fried With Seasonal Vegetables
3. Salted Edamame
4. Sautéed with Garlic
5. What is the main body part used in Super Starch’s special move?
6. Legs
7. Arms
8. Back
9. Abs