

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

1. Fill in the blank to find what kind of superfood B. Rock is.
2. \_ S P \_ \_G\_ S
3. L \_ M O \_
4. \_ R O \_ C \_ L I
5. B \_ E \_
6. What is B. Rock’s second most powerful vitamin?
7. Magnesium
8. Folate
9. Vitamin K
10. Manganese
11. What vitamin has less power than the B. Rock’s second most powerful vitamin?
12. Vitamin B6
13. Folate
14. Vitamin K
15. Thiamin
16. Rewrite to uncover B. Rock’s most powerful vitamin.

Hint: It’s written backwards!

1. Nivalfobir
2. C Nimativ
3. K Nimativ
4. Etalof
5. What is B. Rock’s second most powerful mineral?
6. Potassium
7. Iron
8. Manganese
9. Calcium
10. Which Mineral is more powerful than B. Rock’s second most powerful mineral?
11. Phosphorus
12. Potassium
13. Copper
14. Manganese
15. Rewrite to discover B. Rock’s third most powerful mineral.

Hint: It’s written backwards!

1. Surohpsohp
2. Esenagnam
3. Muisengam
4. Muissatop
5. B. Rock is on the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ team.
6. Herb
7. Fruit
8. Legume
9. Vegetable
10. What does B. Rock’s superpower help with?
    1. Antioxidants
    2. Bone Health
    3. Swelling
    4. Cataracts
11. What is the serving size on B. Rock’s trading card?
12. 2 Heads
13. 1 Ounce
14. 1 Cup, Chopped
15. 3 Cups
16. If you had double B. Rock’s size, how many calories would you have?
17. 66
18. 33
19. 62
20. 23
21. Fill in the blank to discover what continent B. Rock is from.
22. \_M\_R \_ I \_ A
23. E \_R\_ \_ E
24. A \_ I \_, \_F R I\_ A
25. \_ O \_ T\_ A \_ \_R I \_ A
26. Solve the math equation in order to find B. Rock’s correct energy.
27. 15 + 2
28. 66 ÷ 1
29. 40 - 9
30. 8 x 8

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

1. Frozen
2. Tossed in a Fruit Salad
3. Add to Tacos
4. Steamed and Sprinkled with Lemon Juice and Sea Salt
5. What is the main body part used in B. Rock’s special move?
6. Legs
7. Abs
8. Arms
9. Shoulders