

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

1. Fill in the blank to find what kind of superfood Crushio is.
2. \_ S P \_ \_G\_ S
3. L \_ M O \_
4. P \_ S T \_ C H \_ O
5. B \_ E \_
6. What is Crushio’s second most powerful vitamin?
7. Thiamin
8. Folate
9. Vitamin K
10. Manganese
11. What vitamin has less power than the Crushio’s second most powerful vitamin?
12. Vitamin B6
13. Folate
14. Vitamin K
15. Thiamin
16. Rewrite to uncover Crushio’s most powerful vitamin.

Hint: It’s written backwards!

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

Hint: It’s written backwards!

1. Reppoc
2. Surohpsohp
3. Muisengam
4. Muissatop
5. Crushio is on the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ team.
6. Herb
7. Fruit
8. Nut
9. Vegetable
10. What does Crushio’s superpower help with?
	1. Antioxidants
	2. Bone Health
	3. Inflammation
	4. Cataracts
11. What is the serving size on Crushio’s trading card?
12. 4 Kernals
13. 1 Ounce
14. 1 Cup, Chopped
15. 3 Cups
16. If you had double Crushio’s size, how many calories would you have?
17. 78.5
18. 322
19. 200
20. 23
21. Fill in the blank to discover what continent Crushio is from.
22. \_M\_R \_ I \_ A
23. E \_R\_ \_ E
24. A \_ I A
25. \_ O \_ T\_ A \_ \_R I \_ A
26. Solve the math equation in order to find Crushio’s correct energy.
27. 157 + 4
28. 157 ÷ 1
29. 157 - 1
30. 157 x 157

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

1. Ground and Added to Soup
2. French Toast
3. Sprinkled Over Wedged Baked Potatoes
4. Steamed and Sprinkled with Lemon Juice and Sea Salt
5. What is the main body part used in Crushio’s special move?
6. Legs
7. Abs
8. Arms
9. Back