

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

1. Fill in the blank to find what kind of superfood Grainman is.
2. \_O R N
3. B U \_ \_ W H E \_ T
4. M \_ L L \_T
5. F \_ G
6. What is Grainman’s second most powerful vitamin?
7. Thamin
8. Niacin
9. Folate
10. Manganese
11. What vitamin has less power than the Grainman’s second most powerful vitamin?
12. Niacin
13. Folate
14. Vitamin B6
15. Thiamin
16. Rewrite to uncover Grainman’s most powerful vitamin.

Hint: It’s written backwards!

1. Nimaiht
2. 6B Nimativ
3. Nicain
4. Etalof
5. What is Grainman’s second most powerful mineral?
6. Copper
7. Magnesium
8. Zinc
9. Phosphorus
10. Which Mineral is more powerful than Grainman’s second most powerful mineral?
11. Phosphorus
12. Manganese
13. Magnesium
14. Copper
15. Rewrite to discover Grainman’s third most powerful mineral.

Hint: It’s written backwards!

1. Reppoc
2. Muisengam
3. Muissatop
4. Surohpsohp
5. Grainman is on the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ team.
6. Fruit
7. Herb
8. Seed
9. Grain
10. What does Grainman’s superpower help with?
    1. Blood Flow
    2. Diabetes
    3. Heart Disease
    4. Cholesterol
11. What is the serving size on Grainman’s trading card?
12. 1 Leaf
13. 1 Ounce
14. ½ Cup, Chopped
15. 1 Cup, Raw
16. If you had double Grainman’s size, how many calories would you have?
17. 56
18. 106
19. 212
20. 104
21. Fill in the blank to discover what continent Grainman is from.
22. \_M\_R \_ I \_ A
23. E \_R\_ \_ E
24. A \_ R I \_ A
25. N O \_ \_ H A M \_ \_ I C A
26. Solve the math equation in order to find Grainman’s correct energy.
27. 112 - 6
28. 164 ÷ 2
29. 114 +1
30. 10 x 9

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

1. Cooked with Fruit and Nuts
2. Blueberry Millet Muffins
3. Crepes Topped with Fruit
4. Mixed in a Fruit Salad
5. What is the main body part used in Grainman’s special move?
6. Legs
7. Abs
8. Full Body
9. Back