

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

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

Hint: It’s written backwards!

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

Hint: It’s written backwards!

1. Reppoc
2. Muisengam
3. Muissatop
4. Surohpsohp
5. Hammeranth is on the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ team.
6. Grain
7. Herb
8. Seed
9. Vegetable
10. What does Hammeranth’s superpower help with?
    1. Blood Circulation
    2. Prostate
    3. Allergies
    4. Cholesterol
11. What is the serving size on Hammeranth’s trading card?
12. 1 Leaf
13. 2 Ounces
14. ½ Cup, Chopped
15. 1 Cup, Hulled
16. If you had double Hammeranth’s size, how many calories would you have?
17. 6
18. 1.5
19. 4
20. 100
21. Fill in the blank to discover what continents Hammeranth is from.
22. \_M\_R \_ I \_ A
23. E \_R\_ \_ E
24. A \_ I A
25. \_ O \_ T\_ A \_ \_R I \_ A, S O U \_ \_ A M \_ \_ I C A
26. Solve the math equation in order to find Hammeranth’s correct energy.
27. 1.5 + 1.5
28. 30 ÷ 5
29. 150 – 130
30. 1.5 x 3

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

1. Sautéed with Carrot and Broccoli Served over Quinoa
2. Sprouted on a Sandwich
3. Mixed with Honey and a Pinch of Cinnamon
4. On Top of Rice Pilaf
5. What is the main body part used in Hammeranth’s special move?
6. Legs
7. Abs
8. Arms
9. Back