

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

1. Fill in the blank to find what kind of superfood Knotweed is.
2. A \_ A R A \_ T \_
3. B U \_ \_ W H E \_ T
4. B R \_ \_ N R \_ C E
5. F \_ G
6. What is Knotweed’s second most powerful vitamin?
7. Magnesium
8. Pantothenic Acid
9. Vitamin B6
10. Riboflavin
11. What vitamin has less power than the Knotweed’s second most powerful vitamin?
12. Niacin
13. Riboflavin
14. Pantothenic Acid
15. Thiamin
16. Rewrite to uncover Knotweed’s most powerful vitamin.

Hint: It’s written backwards!

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

Hint: It’s written backwards!

1. Reppoc
2. Muisengam
3. Muissatop
4. Esenagnam
5. Knotweed is on the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ team.
6. Fruit
7. Herb
8. Seed
9. Grain
10. What does Knotweed’s superpower help with?
    1. Blood Flow
    2. Diabetes
    3. Allergies
    4. Cholesterol
11. What is the serving size on Knotweed’s trading card?
12. 1 Leaf
13. 1 Ounce
14. ½ Cup, Raw
15. 1 Cup, Whole
16. If you had double Knotweed’s size, how many calories would you have?
17. 51
18. 204
19. 584
20. 102
21. Fill in the blank to discover what continent Knotweed is from.
22. \_M\_R \_ I \_ A
23. E \_R\_ \_ E
24. A \_ I A
25. N O R \_ \_ A M \_ \_ I C A
26. Solve the math equation in order to find Knotweed’s correct energy.
27. 203 + 89
28. 30 ÷ 5
29. 150 – 130
30. 30 x 3 + 6

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

1. Cooked with Fruit and Nuts
2. Blueberry Millet Muffins
3. Crepes Topped with Fruit
4. Stir-Fried with Vegetables
5. What is the main body part used in Knotweed’s special move?
6. Legs
7. Abs
8. Arms
9. Back