

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

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

Hint: It’s written backwards!

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

Hint: It’s written backwards!

1. Reppoc
2. Esenagnam
3. Muisengam
4. Surohpsohp
5. Nut Crusher is on the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ team.
6. Herb
7. Fruit
8. Nut
9. Vegetable
10. What does Nut Crusher’s superpower help with?
	1. Antioxidants
	2. Bone Health
	3. Inflammation
	4. Blood Flow
11. What is the serving size on Nut Crusher’s trading card?
12. 14 Halves
13. ½ Ounce
14. 1 Cup, Chopped
15. 3 Cups
16. If you had double Nut Crusher’s size, how many calories would you have?
17. 99.5
18. 370
19. 420.6
20. 29
21. Fill in the blank to discover what continent Nut Crusher 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 Nut Crusher’s correct energy.
27. 185 + 1
28. 185 ÷ 1
29. 185 - 1
30. 185 x 185

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

1. Ground and Added to Soup
2. French Toast
3. Sprinkled Over Wedged Baked Potatoes
4. Homemade Trail Mix
5. What is the main body part used in Nut Crusher’s special move?
6. Full Body
7. Abs
8. Arms
9. Back