

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

1. Fill in the blank to find what kind of superfood Spilz is.
2. K A \_ \_
3. F \_ N N \_ \_
4. \_ A R \_ I C
5. \_ E E K \_
6. What is Spilz’s second most powerful vitamin?
7. Thiamin
8. Niacin
9. Vitamin K
10. Folate
11. What vitamin has less power than the Spilz’s second most powerful vitamin?
12. Vitamin C
13. Folate
14. Manganese
15. Thaimin
16. Unscramble to uncover Spilz’s most powerful vitamin.
17. Niamiht
18. K minativ
19. Etoalf
20. 6B Nitamiv
21. What is Spilz’s second most powerful mineral?
22. Selenium
23. Vitamin A
24. Copper
25. Calcium
26. Which Mineral is more powerful than Spilz’s second most powerful mineral?
27. Manganese
28. Sodium
29. Calcium
30. Potassium
31. Rewrite to discover Spilz’s third most powerful mineral.

Hint: It’s written backwards!

1. Reppoc
2. Nori
3. Muisengam
4. Muissatop
5. Spilz is on the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ team.
6. Herb
7. Vegetable
8. Legume
9. Seed
10. What does Spilz’s superpower help with?
	1. Bones
	2. Migraines
	3. Blood Sugar
	4. Immunity
11. What is the serving size on Spilz’s trading card?
12. ½ Leaf
13. 1 Leek
14. 2 Cups, Chopped
15. 1 Cup, Chopped
16. If you had half Spilz’s size, how many calories would you have?
17. 27
18. 66
19. 33
20. 50
21. Fill in the blank to discover what continent Spilz is from.
22. E \_R\_ \_ E
23. \_M\_R \_ I \_ A
24. \_ O \_ T\_ A \_ \_R I \_ A
25. A S \_ \_
26. Solve the math equation in order to find Spilz’s correct energy.
27. 11 x 3
28. 108 ÷ 2
29. 100 + 9
30. 23 x 4

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

1. Mashed and Seasoned with Rosemary
2. Chopped and added to Soup
3. Baba Ganoush Mediterranean Dip
4. Jammed and Spread on Toast
5. What is the main body part used in Spilz’s special move?
6. Legs
7. Full Body
8. Shoulders
9. Back