

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

1. Fill in the blank to find what kind of superfood Sunchoke is.
2. E G \_ P \_ A \_ T
3. F \_ N N \_ \_
4. \_ A R \_ I C
5. J E \_ U S \_ \_ A M \_R T\_C H \_ \_ E
6. What is Sunchoke’s second most powerful vitamin?
7. Thiamin
8. Niacin
9. Vitamin C
10. Folate
11. What vitamin has less power than the Sunchoke’s second most powerful vitamin?
12. Vitamin K
13. Niacin
14. Manganese
15. Vitamin C
16. Rewrite to uncover Sunchoke’s most powerful vitamin.

Hint: It’s written backwards!

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

Hint: It’s written backwards!

1. Reppoc
2. Nori
3. Muiclac
4. Surohpsohp
5. Sunchoke is on the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ team.
6. Herb
7. Vegetable
8. Legume
9. Seed
10. What does Sunchoke’s superpower help with?
	1. Stomach Pains
	2. Migraines
	3. Blood Sugar
	4. Immunity
11. What is the serving size on Sunchoke’s trading card?
12. ½ Leaf
13. 1 Clove
14. 2 Cups, Chopped
15. 1 Cup, Sliced
16. If you had double Sunchoke’s size, how many calories would you have?
17. 132
18. 10
19. 5
20. 218
21. Fill in the blank to discover what continent Sunchoke 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 Sunchoke’s correct energy.
27. 5 x 1
28. 44 ÷ 2
29. 100 + 9
30. 5 x 0

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

1. Mashed and Seasoned with Rosemary
2. Sliced on a Baked Potato
3. Baba Ganoush Mediterranean Dip
4. Stuffed in a Pitted Olive
5. What is the main body part used in Sunchoke’s special move?
6. Legs
7. Full Body
8. Shoulders
9. Back