

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

1. Fill in the blank to find what kind of superfood The Pelican is.
2. B R \_ Z \_ L N \_ T
3. \_ LU\_B\_ \_ R\_
4. P \_ C \_ N
5. M A C \_ D\_ M \_ A N \_ T
6. What is The Pelican’s most powerful vitamin?
7. Vitamin K
8. Magnesium
9. Folate
10. Thiamin
11. Unscramble to discover The Pelican’s third most powerful vitamin.
12. Lofate
13. Aecinhtopth cida
14. Vitamtni E
15. Minvtia B6
16. Rewrite to uncover The Pelican’s second most powerful vitamin.

Hint: It’s written backwards!

1. Nivalfobir
2. 6B Nimativ
3. Etalof
4. Dica Cinehtotnap
5. What is The Pelican’s third most powerful mineral?
6. Magnesium
7. Selenium
8. Manganese
9. Potassium
10. Unscramble to uncover The Pelican’s second most powerful mineral.
11. Spotsaium
12. Namnagese
13. Miunesgam
14. Poperc
15. Rewrite to discover The Pelican’s most powerful mineral.

Hint: It’s written backwards!

1. Reppoc
2. Muisengam
3. Esenagnam
4. Nimaiht
5. The Pelican is on the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ team.
6. Fruit
7. Nut
8. Grain
9. Legume
10. What does The Pelican’s superpower help with?
	1. Cholesterol
	2. Coughing
	3. Blood Pressure
	4. Allergies
11. What is the serving size on The Pelican’s trading card?
12. ¼ Ounce
13. 1 Cup, Whole
14. 19 Halves
15. ½ Cup
16. If you had half of The Pelican’s size, how many calories would you have?
17. 44.5
18. 97.5
19. 104
20. 399
21. Fill in the blank to discover what continent The Pelican is from.
22. E \_ R \_ \_ E
23. \_F \_ I\_ A
24. \_ O \_ T\_ A \_ \_R I \_ A
25. A U \_ T \_ \_ L I \_

1. Solve the math equation in order to find The Pelican’s correct energy.
2. 5 x 2
3. 180 + 5
4. 60 - 15
5. 100 + 90 + 5

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

1. Lentil Soup
2. Coarsely Chopped and Sprinkled over Granola
3. Banana Pecan Pancake
4. Macadamia Nut Cookies
5. What is the main body part used in The Pelican’s special move?
6. Legs
7. Abs
8. Arms
9. Shoulders