

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

1. Fill in the blank to find what kind of superfood The Root is.
2. \_ S P \_ \_G\_ S
3. R \_ S E M \_ \_ Y
4. \_ R O \_ C \_ L I
5. B \_ E \_
6. What is The Root’s second most powerful vitamin?
7. Magnesium
8. Folate
9. Vitamin B6
10. Manganese
11. What vitamin has less power than The Root’s second most powerful vitamin?
12. Vitamin B6
13. Folate
14. Vitamin K
15. Thiamin
16. Rewrite to uncover The Root’s most powerful vitamin.

Hint: It’s written backwards!

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

Hint: It’s written backwards!

1. Reppoc
2. Esenagnam
3. Nori
4. Muissatop
5. The Root is on the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ team.
6. Seed
7. Fruit
8. Herb
9. Vegetable
10. What does The Root’s superpower help with?
	1. Blood Flow
	2. Bone Health
	3. Swelling
	4. Cataracts
11. What is the serving size on The Root’s trading card?
12. 2 Heads
13. 1 Tbsp., Fresh
14. 1 Cup, Chopped
15. 3 Cups
16. If you had double The Root’s size, how many calories would you have?
17. 1
18. 4
19. 10
20. 23
21. Fill in the blank to discover what continent The Root is from.
22. \_M\_R \_ I \_ A
23. E \_R\_ \_ E
24. A \_ I \_
25. \_ O \_ T\_ A \_ \_R I \_ A
26. Solve the math equation in order to find The Root’s correct energy.
27. 15 + 2
28. 66 ÷ 6
29. 40 - 9
30. 2 x 1

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

1. Frozen
2. Tossed in a Fruit Salad
3. Sprinkled over Wedged Baked Potatoes
4. Steamed and Sprinkled with Lemon Juice and Sea Salt
5. What is the main body part used in The Root’s special move?
6. Full Body
7. Abs
8. Arms
9. Shoulders