

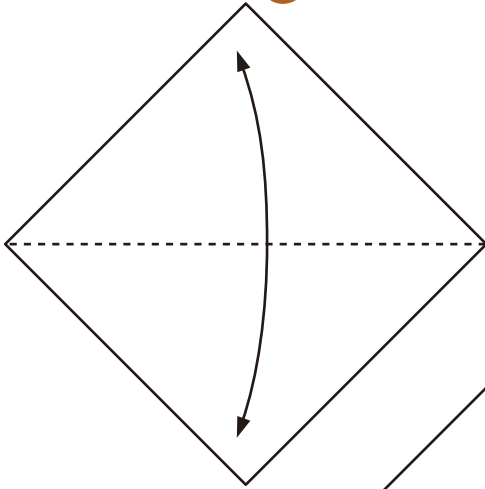
桃

水蜜桃含豐富水份並提供維生素C及B群。我們建議六至十二歲兒童每天進食至少兩份水果。

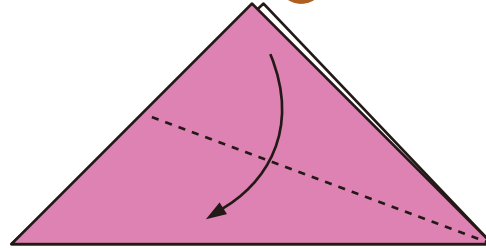
一份水果約等於一個中型桃



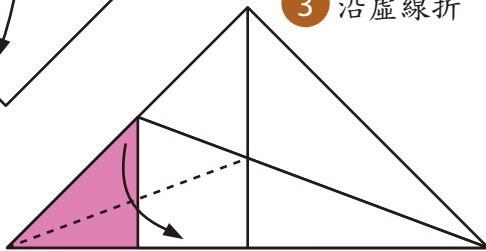
1 對折



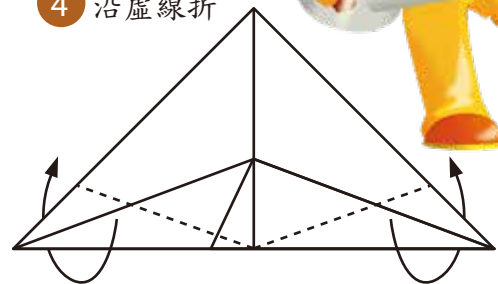
2 沿虛線折



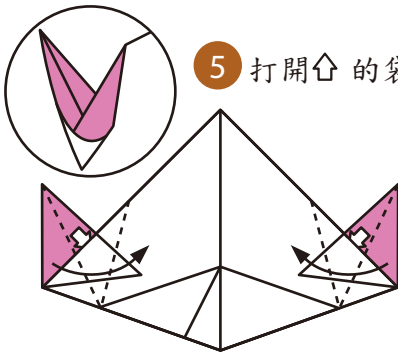
3 沿虛線折



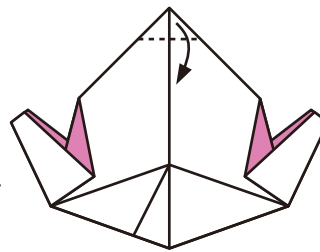
4 沿虛線折



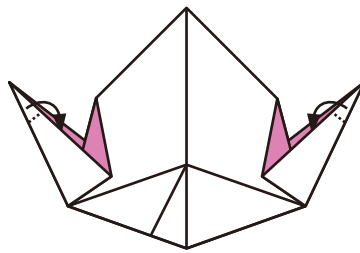
5 打開平的袋子後壓平



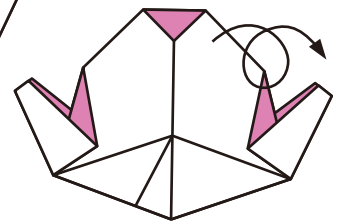
7 沿虛線折



6 沿虛線向內側折



8 翻過來



9 完成

