

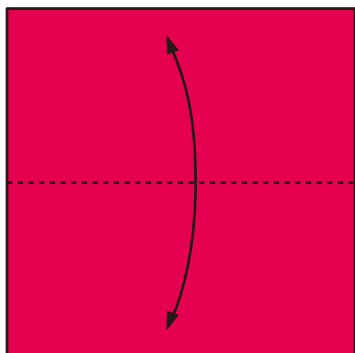
# 西瓜

西瓜含大量水份，是夏天消暑的佳品。我們建議六至十二歲兒童每天進食至少兩份水果。

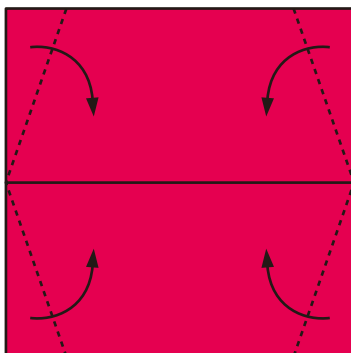
一份水果約等於半碗\*西瓜塊

\* 一碗 = 250-300毫升

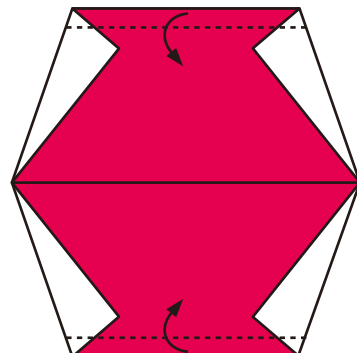
1 橫豎對折至折痕出現，還原



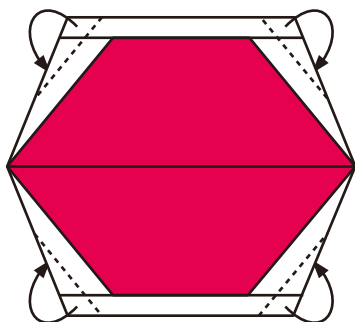
2 沿虛線折



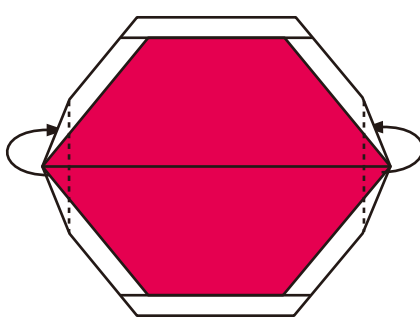
3 沿虛線折



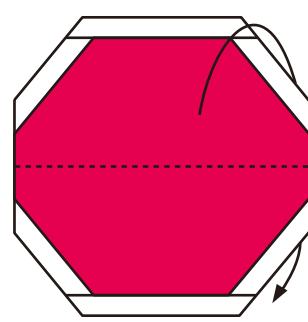
4 沿虛線向背面折



5 沿虛線向背面折



6 向中間折



7 畫上種子完成

