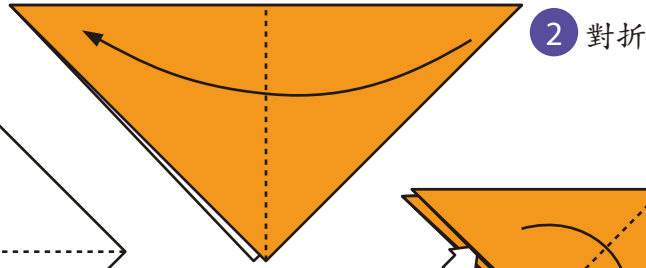
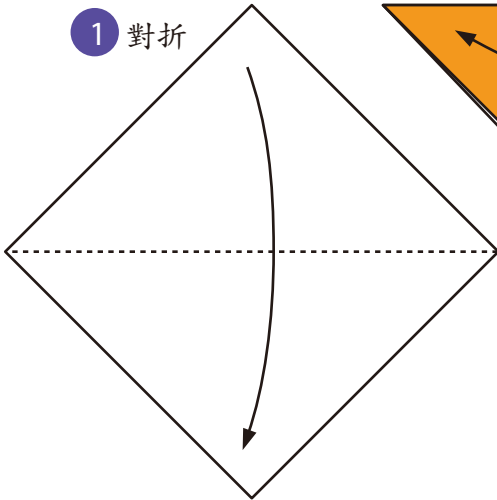


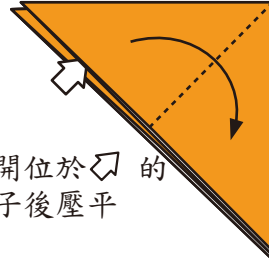
# 柿子

柿子含有豐富的水溶性纖維、維生素C及鉀質。我們建議六至十二歲兒童每天進食至少兩份水果。

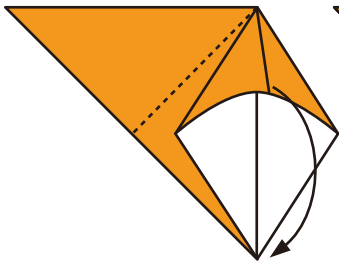
一份水果約等於一個中型柿子



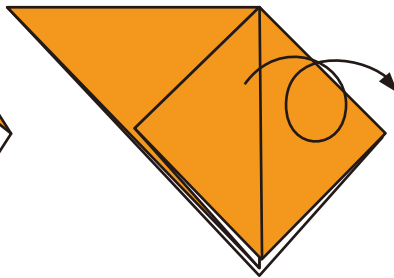
3 打開位於↖的袋子後壓平



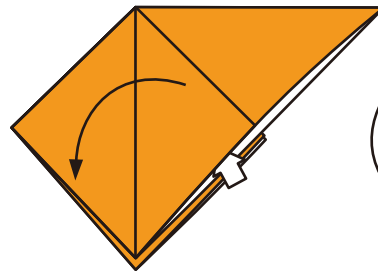
4 壓平



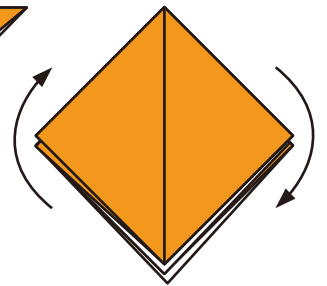
5 翻過來



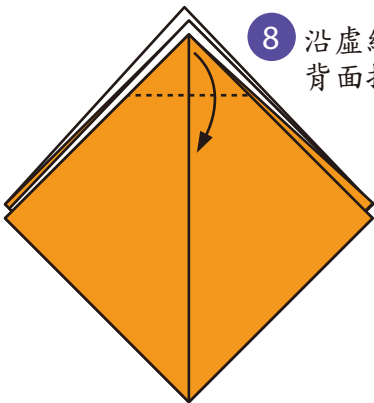
6 用同樣的方法壓平袋子



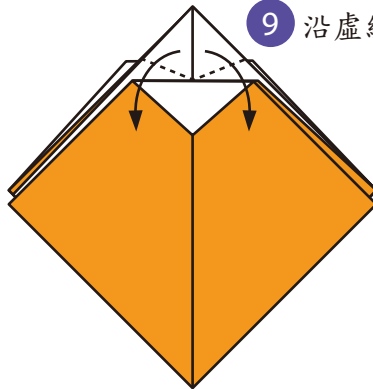
7 上下翻轉



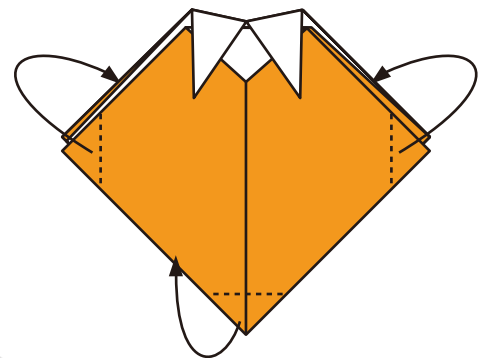
8 沿虛線向背面折



9 沿虛線折



10 沿虛線折



11 畫上花紋完成

