

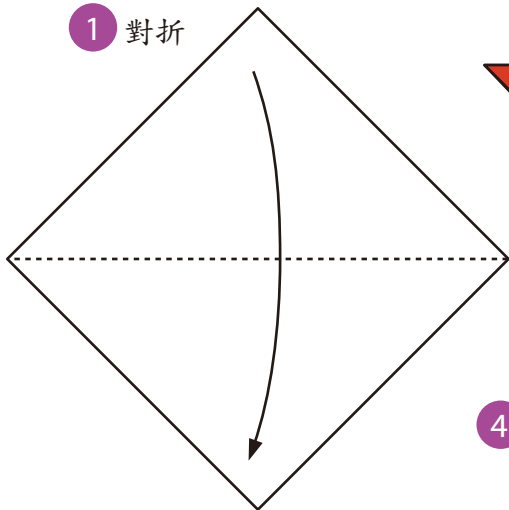
士多啤梨

士多啤梨又名草莓，含豐富的維生素C及鐵質，有助傷口癒合及預防缺鐵性貧血。我們建議六至十二歲兒童每天進食至少兩份水果。

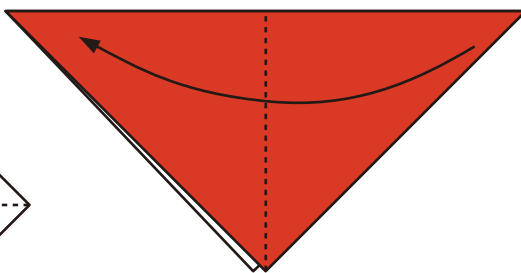
一份水果約等於半碗*士多啤梨

* 一碗 = 250-300毫升

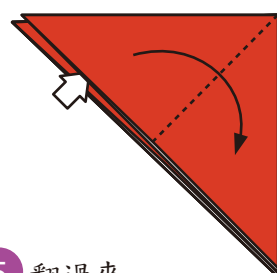
1 對折



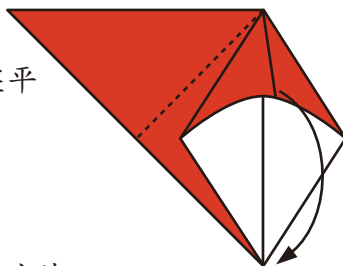
2 對折



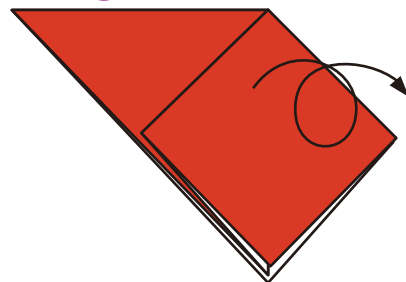
3 打開袋子的後壓平



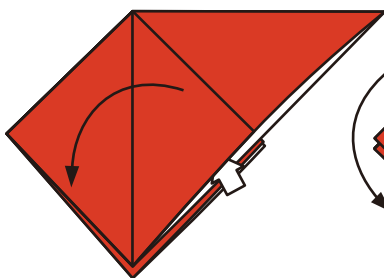
4 壓平



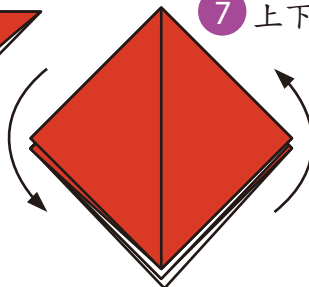
5 翻過來



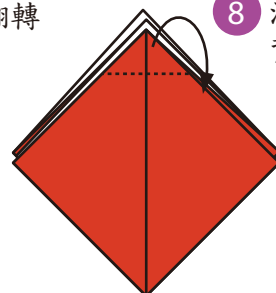
6 用同樣方法，
打開袋子壓平



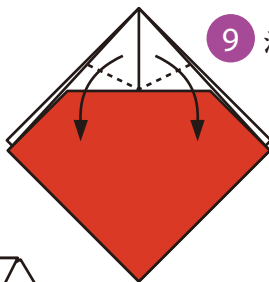
7 上下翻轉



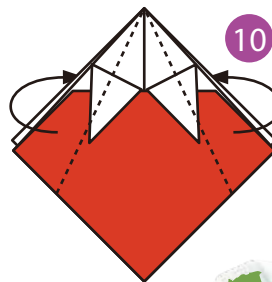
8 沿虛線向
背面折



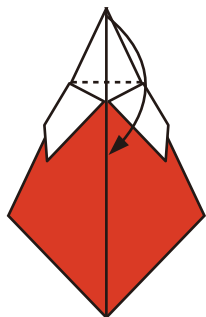
9 沿虛線折



10 沿虛線向
背面折



11 沿虛線折



12 畫上種子完成

