

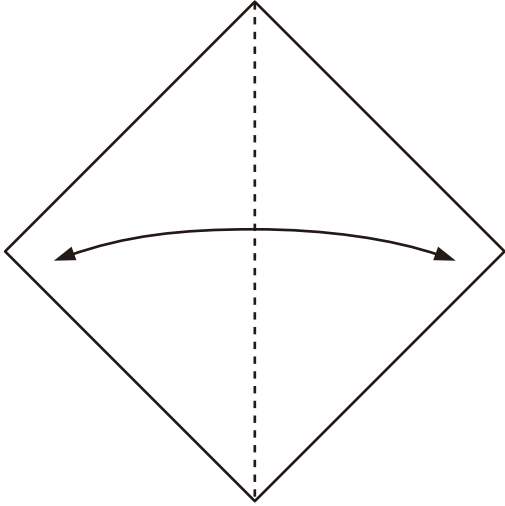
提子

提子又名葡萄，含豐富的抗氧化物，有助保護血管健康。
我們建議六至十二歲兒童每天進食至少兩份水果。

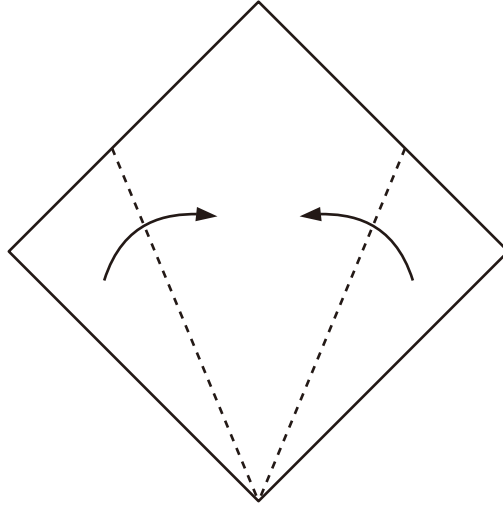
一份水果約等於半碗*提子

* 一碗 = 250-300毫升

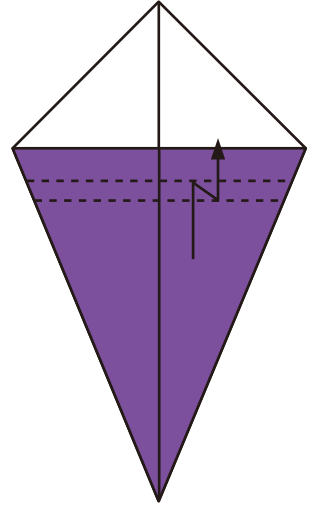
1 對折至出現折痕，還原



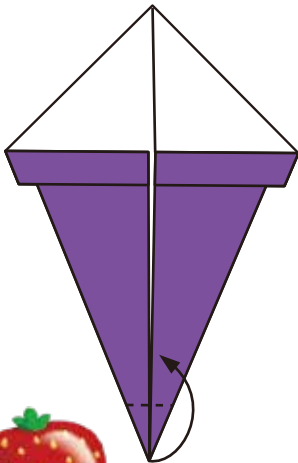
2 沿虛線向中間折



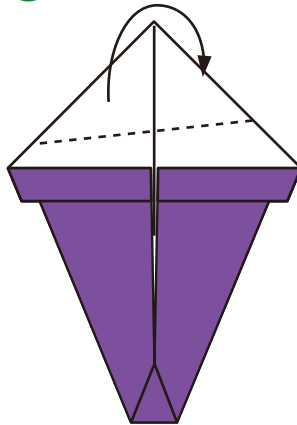
3 沿下虛線向下折，再向上折



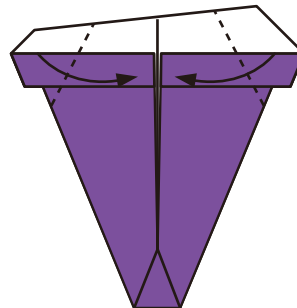
4 沿虛線折



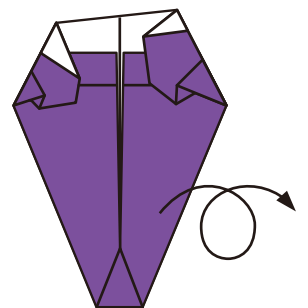
5 沿虛線向背面折



6 沿虛線向上折



7 翻過來



8 畫上提子粒完成

