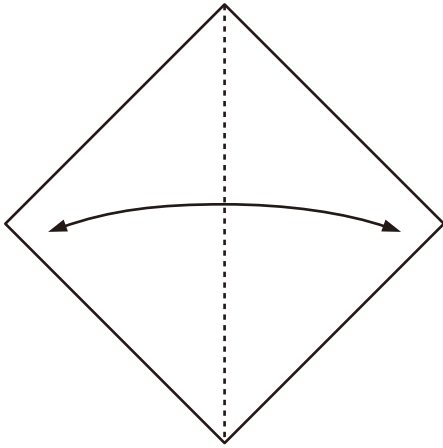


Apple

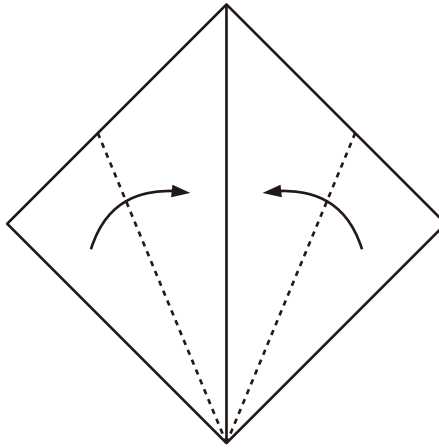
Eating apple with the skin on can increase the intake of dietary fibre and helps to prevent constipation. We recommend children aged 6 to 12 to have at least 2 servings of fruit every day.

One serving of fruit is approximately one medium-sized apple

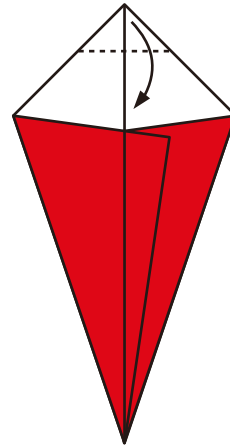
1 Fold in half



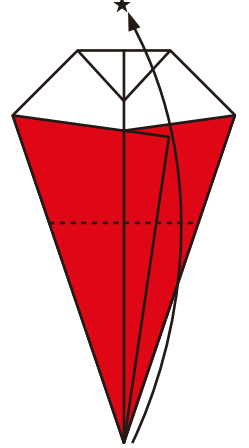
2 Fold along the dotted lines



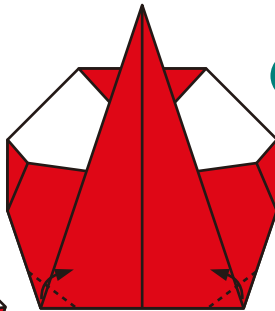
3 Fold forward along the dotted line



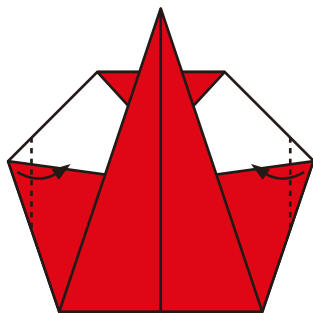
4 Lift up to ★ and fold



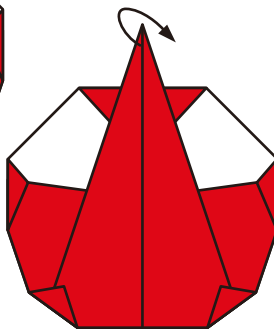
6 Fold forward along the dotted lines



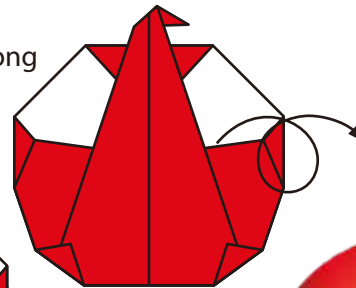
5 Fold forward along the dotted lines



7 Fold backward along the dotted lines



8 Turn over



9 Finished

