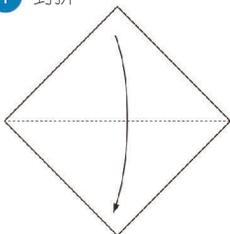


香蕉

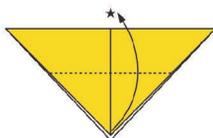
香蕉含豐富的鉀質，有助穩定血壓，促進心血管健康。

一份水果約等於½隻大型香蕉

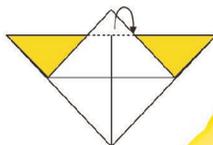
1 對折



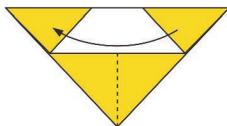
2 折到★的地方



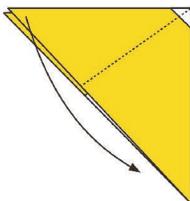
3 沿虛線向背面折



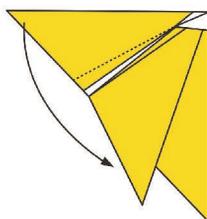
4 對折



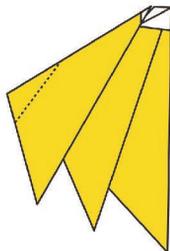
5 沿虛線向前面折



6 沿虛線向前面折



7 沿虛線向背面折



8 完成

