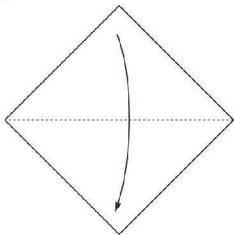


# Banana

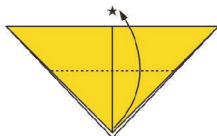
Bananas are rich in potassium, which help stabilise blood pressure and maintain cardiovascular health.

One serving of fruit is about  $\frac{1}{2}$  of a large-sized banana.

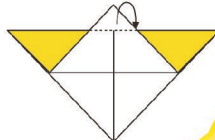
1 Fold in half



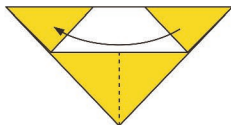
2 Lift the corner up to ★



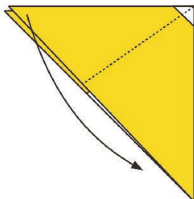
3 Fold backward along the dotted line



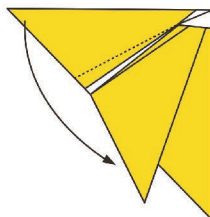
4 Fold in half



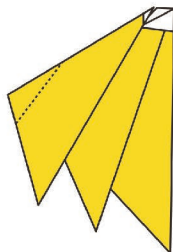
5 Fold forward along the dotted line



6 Fold forward along the dotted line



7 Fold backward along the dotted line



8 Finished

