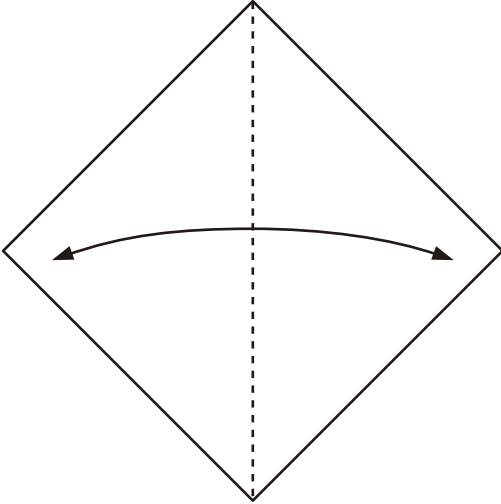


Grape

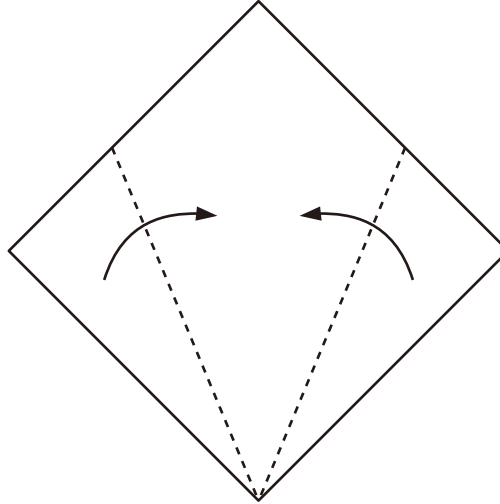
Antioxidants found in grapes can help promote heart health. We recommend children aged 6 to 12 to have at least 2 servings of fruit every day.

One serving of fruit is approximately half bowl* of grapes
*1 Bowl = 250-300ml

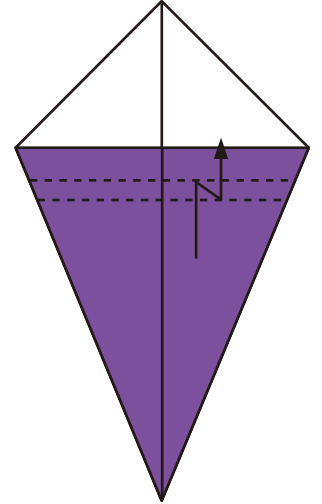
1 Fold in half to make a crease, and unfold



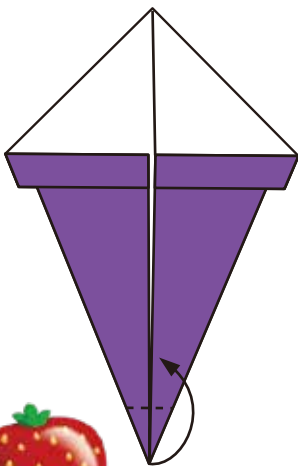
2 Fold along the dotted lines to meet the center line



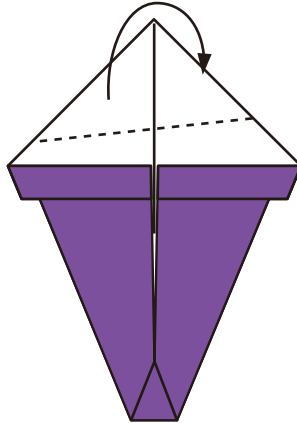
3 Fold down along the lower dotted lines, and fold back up



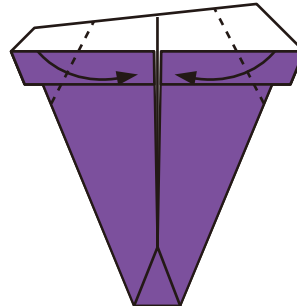
4 Fold along the dotted line



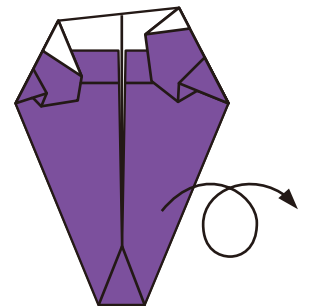
5 Fold backward along the dotted line



6 Fold along the dotted lines



7 Turn over



8 Draw the pattern. Finished

