

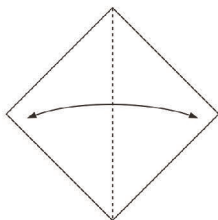
Grape

Grapes contain antioxidants which help maintain the health of blood vessels.

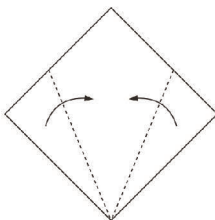
One serving of fruit is about ½ bowl of grapes.

Remarks: One bowl = 250 - 300 ml

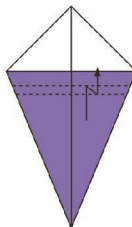
- 1 Fold in half to make a crease, and unfold



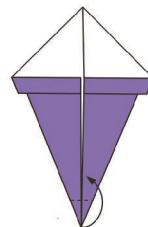
- 2 Fold along the dotted lines to meet the center line



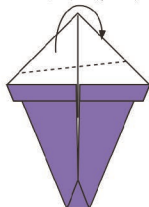
- 3 Fold down along the lower dotted line, and fold back up



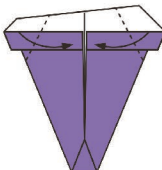
- 4 Fold along the dotted line



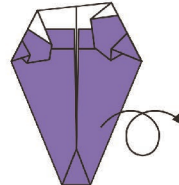
- 5 Fold backward along the dotted line



- 6 Fold along the dotted lines



- 7 Turn over



- 8 Draw the pattern. Finished

