

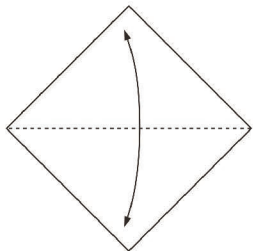
# 水蜜桃

水蜜桃含豐富水份，並提供維生素B群和膳食纖維。

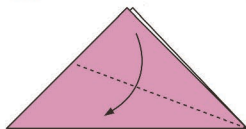
一份水果約等於一個中型水蜜桃



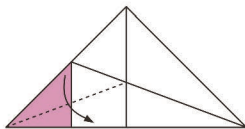
1 對折



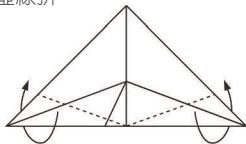
2 沿虛線折



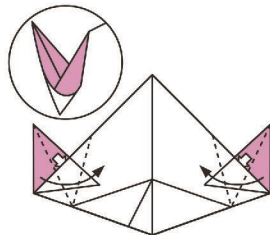
3 沿虛線折



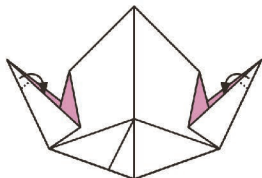
4 沿虛線折



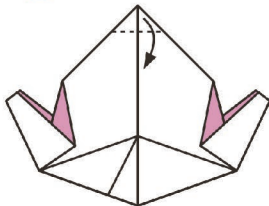
5 打開介的袋子後壓平



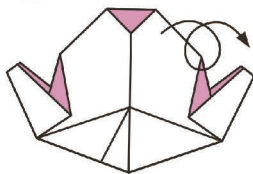
6 沿虛線向內側折



7 沿虛線折



8 翻過來



9 完成

