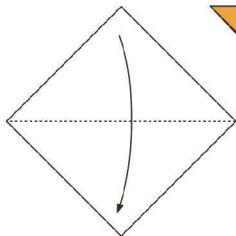


Persimmon

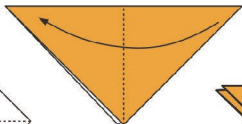
Persimmons are rich in soluble fibre, vitamin C and potassium.

One serving of fruit is about ½ of a large-sized persimmon.

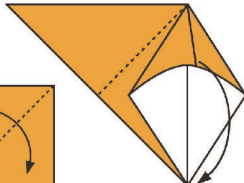
1 Fold in half



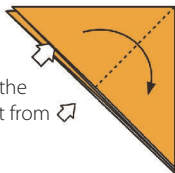
2 Fold in half



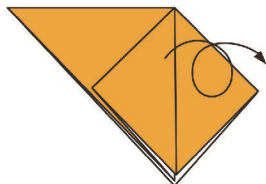
4 Flatten



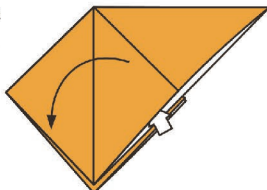
3 Open the pocket from



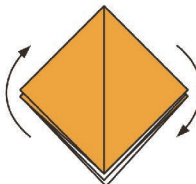
5 Turn over



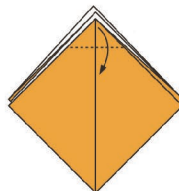
6 Open and flatten the pocket like Fig.3 & 4



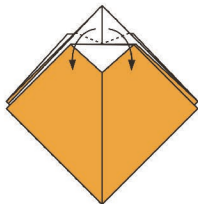
7 Turn around



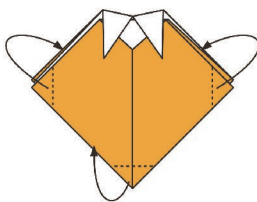
8 Fold both sides along dotted lines



9 Fold forward along the dotted lines



10 Fold along the dotted lines



11 Draw spots. Finished

