

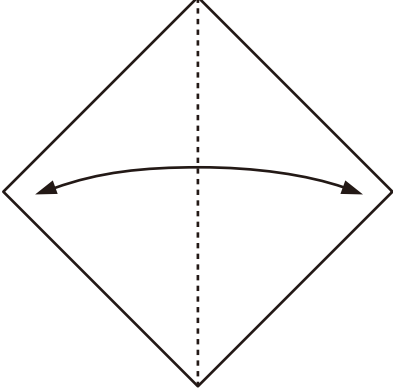
菠蘿

菠蘿又名鳳梨，被稱為天然鬆肉粉，因其所含的菠蘿蛋白酶有助軟化肉質。我們建議六至十二歲兒童每天進食至少兩份水果。

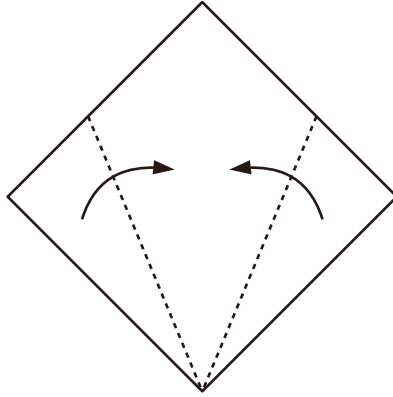
一份水果約等於半碗*菠蘿塊

* 一碗 = 250-300毫升

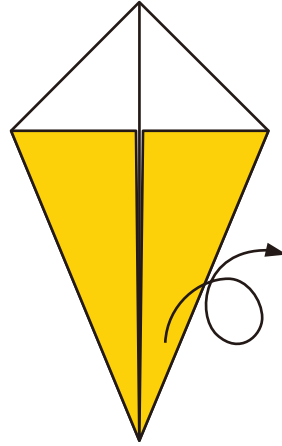
1 橫豎對折至折痕出現，還原



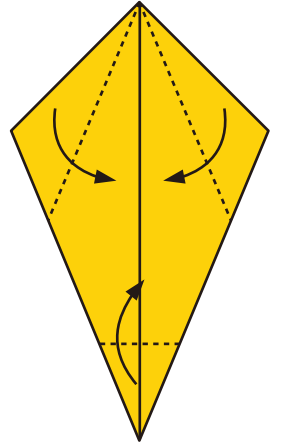
2 沿虛線向中間折



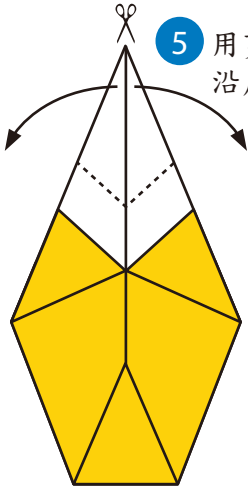
3 翻過來



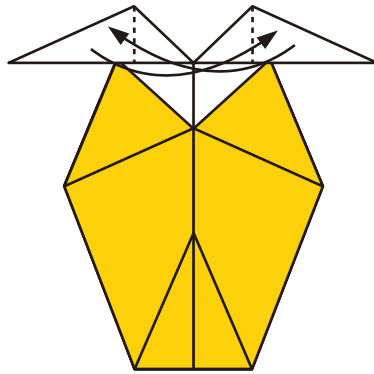
4 沿虛線折



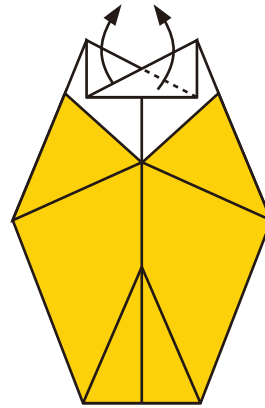
5 用剪刀剪開
沿虛線折



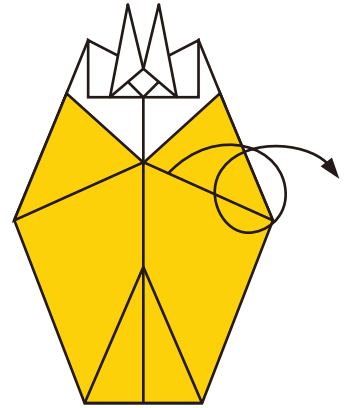
6 沿虛線折



7 沿虛線折



8 翻過來



9 畫上花紋完成

