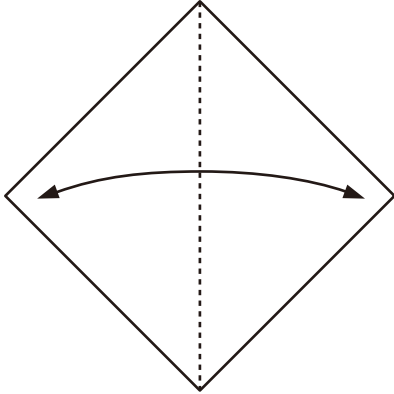


Pineapple

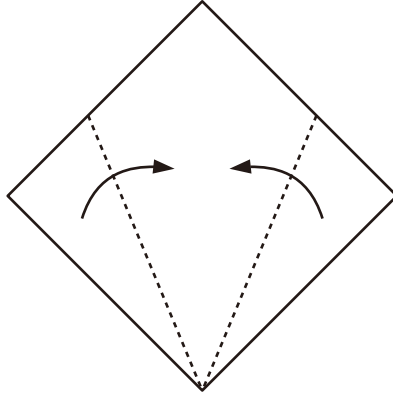
The pineapple is known as a natural tenderiser as its bromelain (an enzyme) helps to tenderise the meat. We recommend children aged six to twelve to have half to one serving of fruit every day.

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

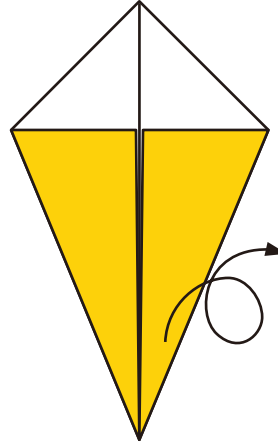
1 Fold along the dotted line to make creases and fold back



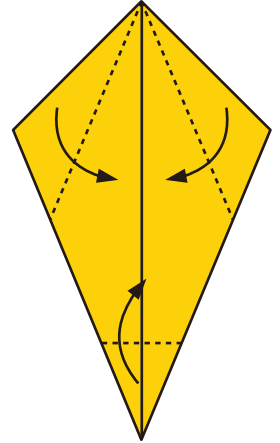
2 Fold along the dotted lines to meet the centre



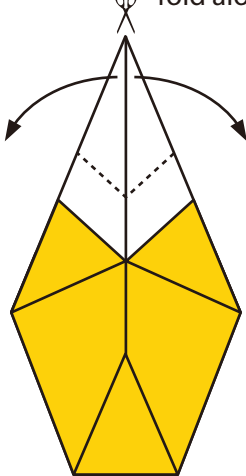
3 Turn over



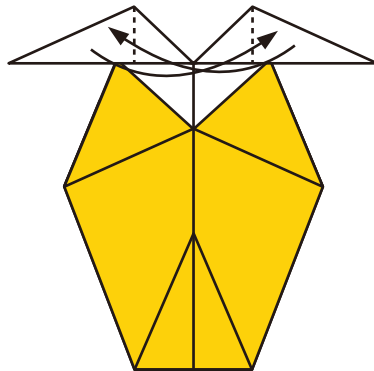
4 Fold along the dotted lines



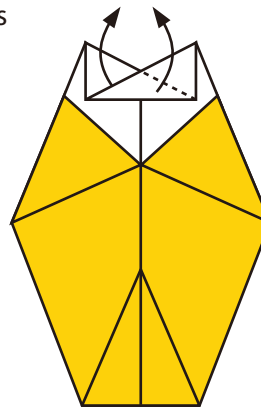
5 Cut with a pair of scissors and fold along the dotted lines



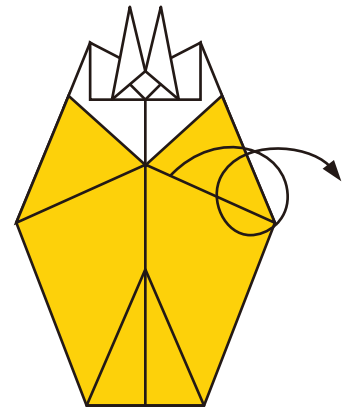
6 Fold along the dotted lines



7 Fold along the dotted lines



8 Turn over



9 Draw lines. Finished

