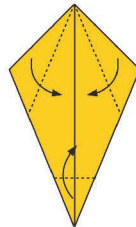
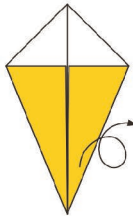
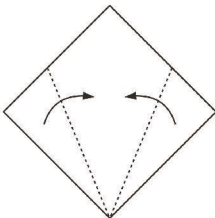
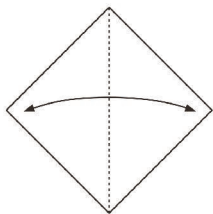


Pineapple

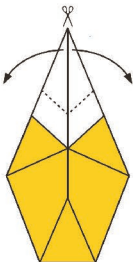
Pineapples are known as a “natural meat tenderiser” because they contain bromelain, which can soften meat.

One serving of fruit is about 2 slices of pineapple, approximately 1.5 cm thick.

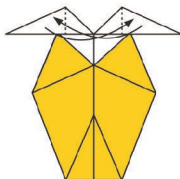
- 1 Fold along the dotted line to make creases and fold back
- 2 Fold along the dotted lines to meet the center
- 3 Turn over
- 4 Fold along the dotted lines



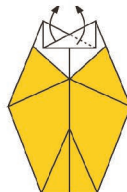
- 5 Cut with a pair of scissors and fold along the dotted lines



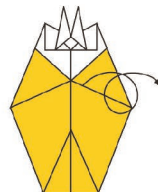
- 6 Fold along the dotted lines



- 7 Fold along the dotted lines



- 8 Turn over



- 9 Draw lines. Finished

