

# 士多啤梨

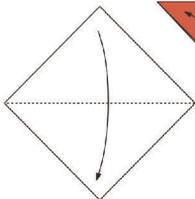
士多啤梨又名草莓，含豐富的維生素C且屬低脂低熱量水果。

一份水果約等於½碗士多啤梨

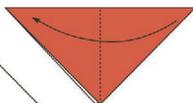
註：一碗 = 250-300毫升



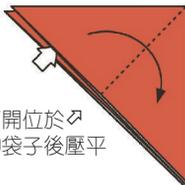
1 對折



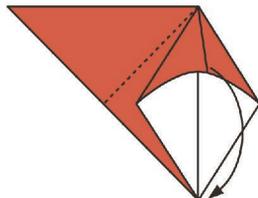
2 對折



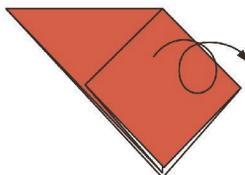
3 打開位於▽的袋子後壓平



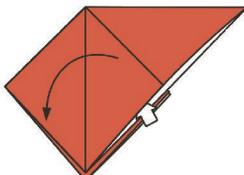
4 壓平



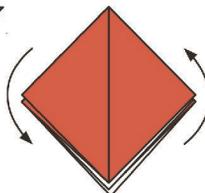
5 翻過來



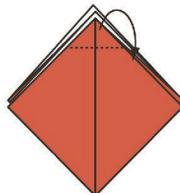
6 用同樣的方法壓平袋子



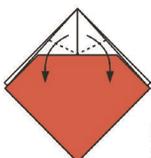
7 上下翻轉



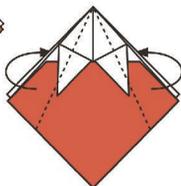
8 沿虛線向背面折



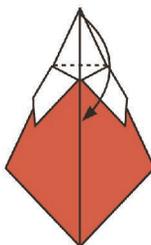
9 沿虛線折



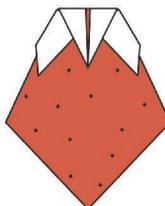
10 沿虛線向背面折



11 沿虛線折



12 畫上種子完成



鳴謝：新宮文明先生（摺紙方法的版權擁有人）



衛生署  
Department of Health