

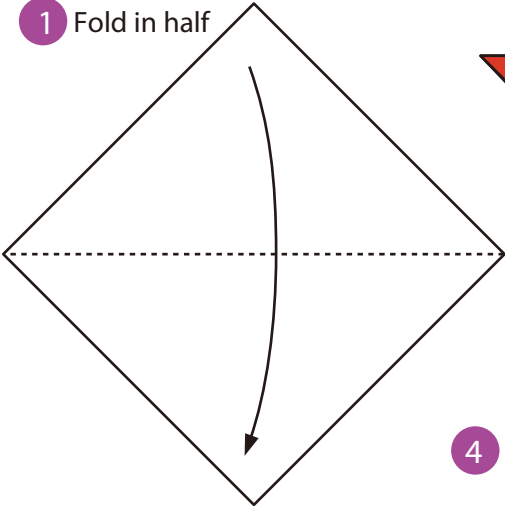
Strawberries

Strawberries are rich in vitamin C and iron that helps wound healing and prevents iron deficiency anemia. We recommend children aged 6 to 12 to have at least 2 servings of fruit every day.

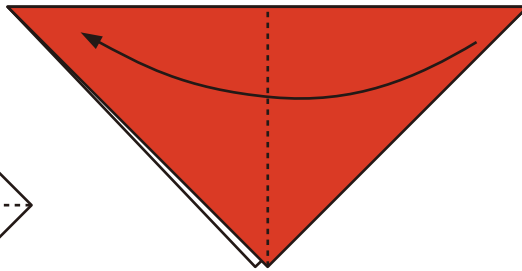
One serving of fruit is approximately half bowl* of strawberries

*1 Bowl = 250-300ml

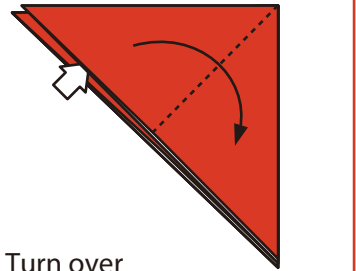
1 Fold in half



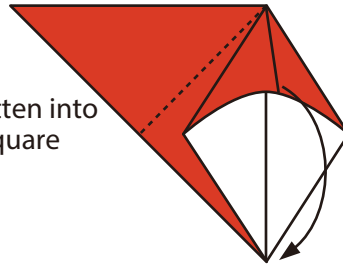
2 Fold in half



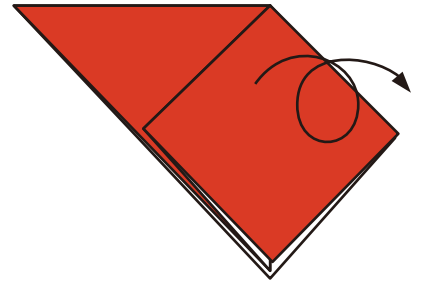
3 Open the pocket from



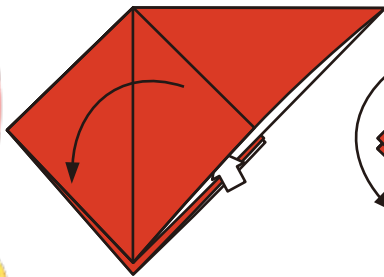
4 Flatten into a square



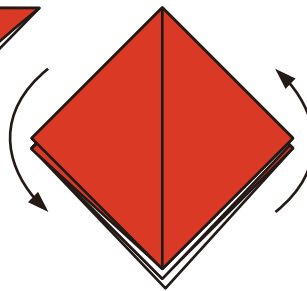
5 Turn over



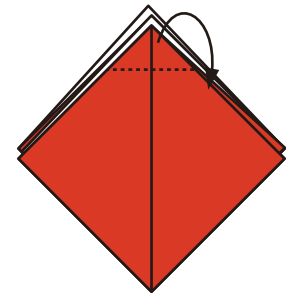
6 Open the pocket and flatten like Fig.3 & 4



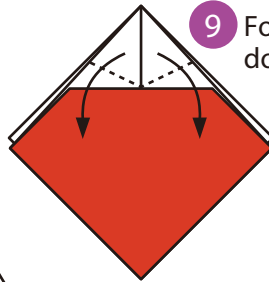
7 Turn around



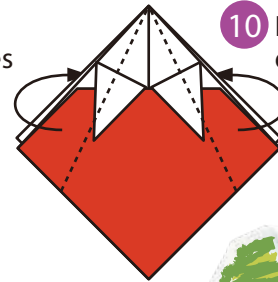
8 Fold backward along the dotted line



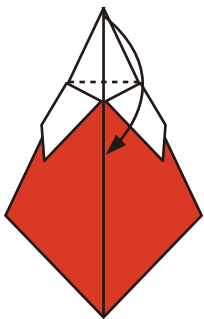
9 Fold along dotted lines



10 Fold backward along dotted lines



11 Fold along dotted line



12 Draw seeds. Finished

