

Strawberries

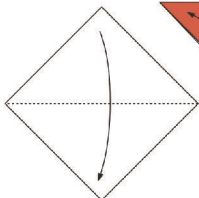
Strawberries are rich in vitamin C and low in fat and energy.

One serving of fruit is about ½ bowl of strawberries.

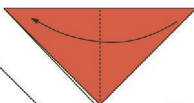
Remarks: One bowl = 250 - 300 ml



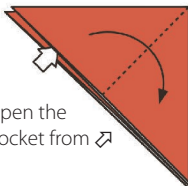
1 Fold in half



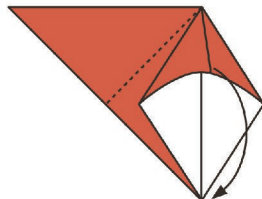
2 Fold in half



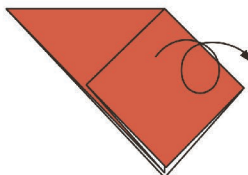
3 Open the pocket from ↗



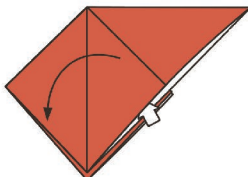
4 Flatten into a square



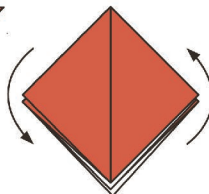
5 Turn over



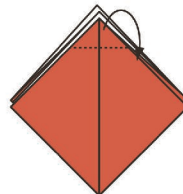
6 Open the pocket and flatten like Fig.3 & 4



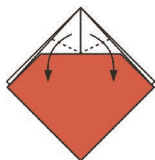
7 Turn around



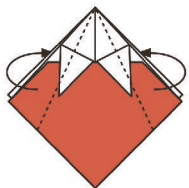
8 Fold backward along the dotted line



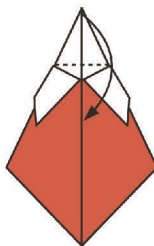
9 Fold along dotted lines



10 Fold backward along dotted lines



11 Fold along dotted line



12 Draw seeds. Finished

