

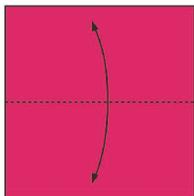
西瓜

西瓜含大量水份，是夏天消暑的佳品。

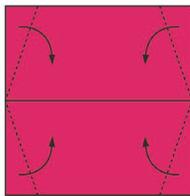
一份水果約等於½碗切粒西瓜

註：一碗 = 250 - 300毫升

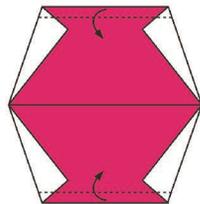
1 橫豎對折至折痕出現，還原



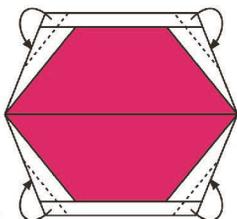
2 沿虛線折



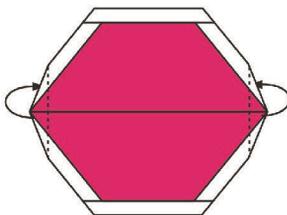
3 沿虛線折



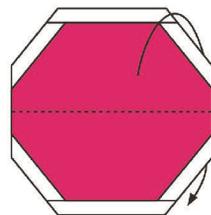
4 沿虛線向背面折



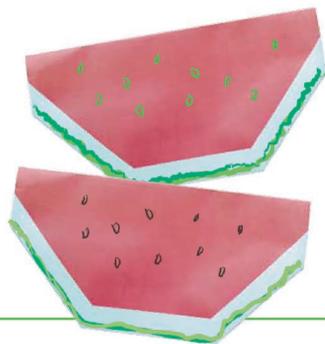
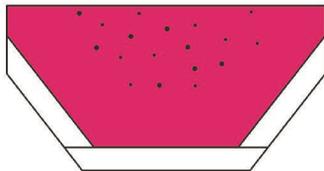
5 沿虛線向背面折



6 向中間折



7 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