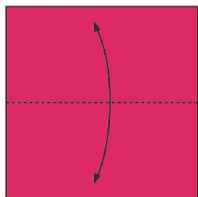


Watermelon

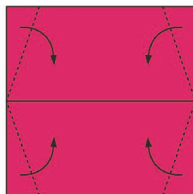
Watermelons contain a lot of water and serve as a good refreshment in summer.

One serving of fruit is about $\frac{1}{2}$ bowl of diced watermelon.
Remarks: One bowl = 250 - 300 ml

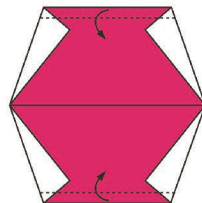
- 1 Fold in half to make a crease and unfold



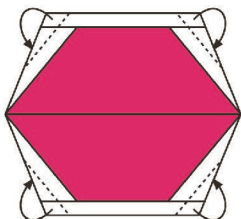
- 2 Fold along the dotted lines



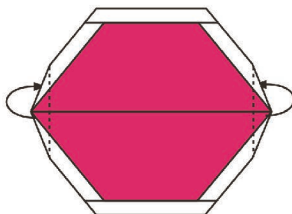
- 3 Fold along the dotted lines



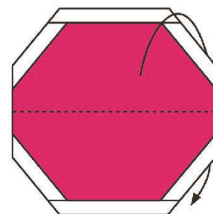
- 4 Fold backward along the dotted lines



- 5 Fold backward along the dotted lines



- 6 Fold in half



- 7 Draw seeds. Finished

