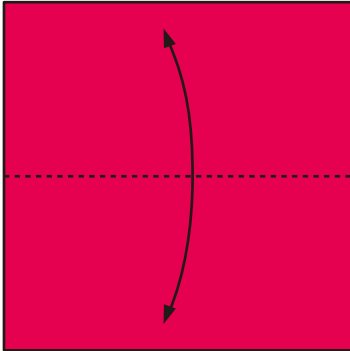


Watermelon

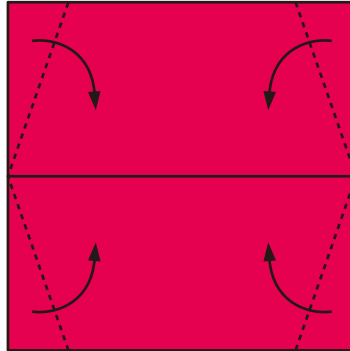
The watermelon has high water content and serves as a good refreshment in summer. We recommend children aged 6 to 12 to have at least 2 servings of fruit every day.

One serving of fruit is approximately half bowl* of watermelon cuts
*1 Bowl = 250-300ml

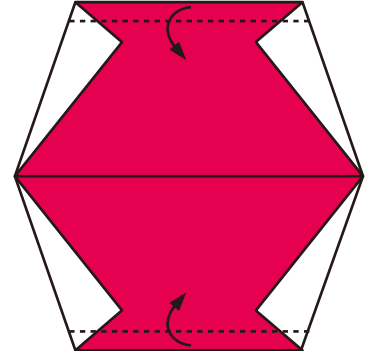
1 Fold in half to make a crease and unfold



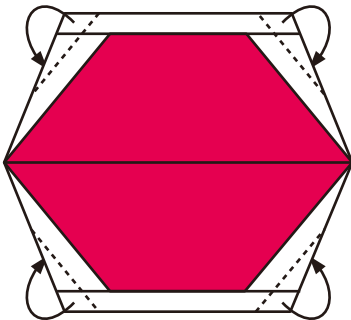
2 Fold along the dotted lines



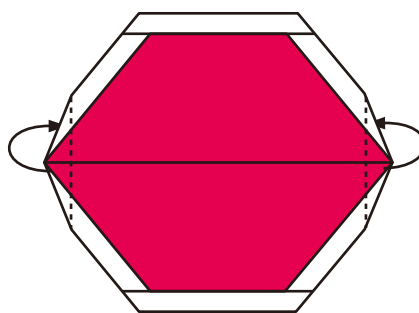
3 Fold along the dotted lines



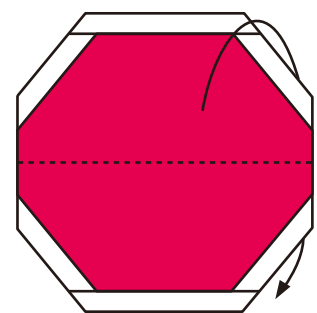
4 Fold backward along the dotted lines



5 Fold backward along the dotted lines



6 Fold in half



7 Draw seeds. Finished

