

"Hand"-y Foods

Example: Banana

I E L R T B L N

V H F J I

K L G K J P F

X J B I O Q K T

K T Q K P F B S F R

T J Y V L H R F H

B J K T E X

G H F N C F S

V L A A J S E O Q B R

G E G X Q K S F

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