

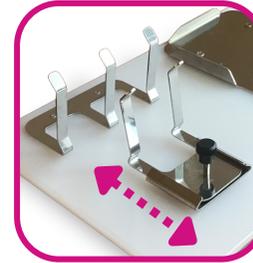


# How to use Adaptive Kitchen Set "Cook-Helper"®

Can be washed in the **dishwasher** at temperatures up to 70°C or 160°F



The board has four suction cups. The suction cups will hold your board perfectly on a smooth and clean surface. On a dirty, greasy or rough surface the suction cups will not do their job well.



The clamps can be pulled apart. To do this, loosen the retaining screw and adjust to the desired width.



Take the vegetable and with light pressure run it on the blade. Find a comfortable angle and continue.

**WARNING! TAKES SOME GETTING USED TO!** Gently start peeling the vegetable until you get used to it. If your hand slips, you could hurt yourself on the blade



Adjust the width of the clamps so that the object enters between them with little force.



The grater holder has a special retaining screw. Install the grater and tighten the screw with a small amount of force.

**Be careful not to damage the grater.**



You can cut vegetables either lengthwise or crosswise.



Special stops for fixing the grater can also be used to fix bread when making sandwiches.



The clamps are designed so that the knife will not catch on them when in use. Nevertheless, be careful not to damage the knife and **do not use ceramic knives.**