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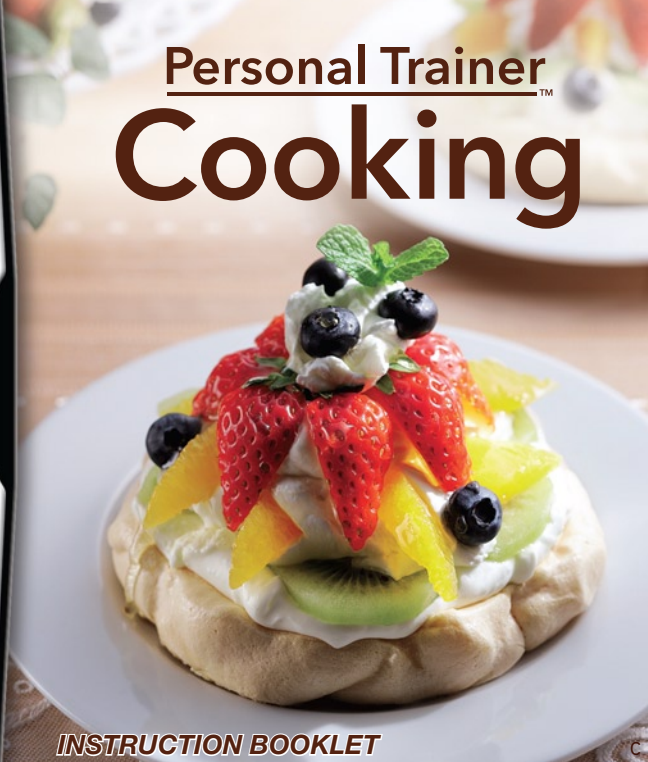


PRINTED IN USA

NINTENDO DS™



Personal Trainer™ Cooking



INSTRUCTION BOOKLET

PLEASE CAREFULLY READ THE SEPARATE HEALTH AND SAFETY PRECAUTIONS BOOKLET INCLUDED WITH THIS PRODUCT BEFORE USING YOUR NINTENDO® HARDWARE SYSTEM, GAME CARD OR ACCESSORY. THIS BOOKLET CONTAINS IMPORTANT HEALTH AND SAFETY INFORMATION.

IMPORTANT SAFETY INFORMATION: READ THE FOLLOWING WARNINGS BEFORE YOU OR YOUR CHILD PLAY VIDEO GAMES.

WARNING - Seizures

- Some people (about 1 in 4000) may have seizures or blackouts triggered by light flashes or patterns, and this may occur while they are watching TV or playing video games, even if they have never had a seizure before.
- Anyone who has had a seizure, loss of awareness, or other symptom linked to an epileptic condition should consult a doctor before playing a video game.
- Parents should watch their children play video games. Stop playing and consult a doctor if you or your child has any of the following symptoms:

**Convulsions
Altered vision**

**Eye or muscle twitching
Involuntary movements**

**Loss of awareness
Disorientation**

- To reduce the likelihood of a seizure when playing video games:
 1. Sit or stand as far from the screen as possible.
 2. Play video games on the smallest available television screen.
 3. Do not play if you are tired or need sleep.
 4. Play in a well-lit room.
 5. Take a 10 to 15 minute break every hour.

WARNING - Radio Frequency Interference

The Nintendo DS can emit radio waves that can affect the operation of nearby electronics, including cardiac pacemakers.

- Do not operate the Nintendo DS within 9 inches of a pacemaker while using the wireless feature.
- If you have a pacemaker or other implanted medical device, do not use the wireless feature of the Nintendo DS without first consulting your doctor or the manufacturer of your medical device.
- Observe and follow all regulations and rules regarding use of wireless devices in locations such as hospitals, airports, and on board aircraft. Operation in those locations may interfere with or cause malfunctions of equipment, with resulting injuries to persons or damage to property.

WARNING - Repetitive Motion Injuries and Eyestrain

Playing video games can make your muscles, joints, skin or eyes hurt. Follow these instructions to avoid problems such as tendinitis, carpal tunnel syndrome, skin irritation or eyestrain:

- Avoid excessive play. Parents should monitor their children for appropriate play.
- Take a 10 to 15 minute break every hour, even if you don't think you need it.
- If your hands, wrists, arms or eyes become tired or sore while playing, or if you feel symptoms such as tingling, numbness, burning or stiffness, stop and rest for several hours before playing again.
- If you continue to have any of the above symptoms or other discomfort during or after play, stop playing and see a doctor.

WARNING - Battery Leakage

The Nintendo DS contains a rechargeable lithium ion battery pack. Leakage of ingredients contained within the battery pack, or the combustion products of the ingredients, can cause personal injury as well as damage to your Nintendo DS.

If battery leakage occurs, avoid contact with skin. If contact occurs, immediately wash thoroughly with soap and water. If liquid leaking from a battery pack comes into contact with your eyes, immediately flush thoroughly with water and see a doctor.

To avoid battery leakage:

- Do not expose battery to excessive physical shock, vibration, or liquids.
- Do not disassemble, attempt to repair or deform the battery.
- Do not dispose of battery pack in a fire.
- Do not touch the terminals of the battery, or cause a short between the terminals with a metal object.
- Do not peel or damage the battery label.

Important Legal Information

This Nintendo game is not designed for use with any unauthorized device. Use of any such device will invalidate your Nintendo product warranty. Copying of any Nintendo game is illegal and is strictly prohibited by domestic and international intellectual property laws. "Back-up" or "archival" copies are not authorized and are not necessary to protect your software. Violators will be prosecuted.

REV-E

The official seal is your assurance that this product is licensed or manufactured by Nintendo. Always look for this seal when buying video game systems, accessories, games and related products.



Nintendo does not license the sale or use of products without the Official Nintendo Seal.

THIS GAME CARD WILL WORK ONLY WITH THE NINTENDO DS™ VIDEO GAME SYSTEM.

NEED HELP PLAYING A GAME?

Recorded tips for many titles are available on Nintendo's Power Line at (425) 885-7529. This may be a long-distance call, so please ask permission from whoever pays the phone bill.

If the information you need is not on the Power Line, you may want to try using your favorite Internet search engine to find tips for the game you are playing. Some helpful words to include in the search, along with the game's title, are: "walk through," "FAQ," "codes," and "tips."



Let's get cooking.

PERSONAL TRAINER: COOKING helps you cook delicious dishes from around the world, guiding you through each recipe step by step.

It's easy to find the recipe for you.

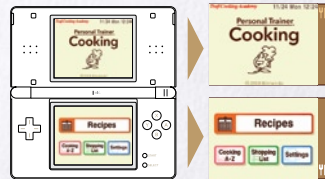
The first step is deciding on a dish to make! The easy-to-use search system will help you find what you want to cook in no time.



Spoken instructions help you cook with confidence.

Once you've decided on what you want to make, the Nintendo DS™ will tell you how. The Chef will explain it all with clear and friendly instructions.

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When you see screenshots in this manual,  shows the top screen, and  shows the Touch Screen (lower screen).

CAUTION

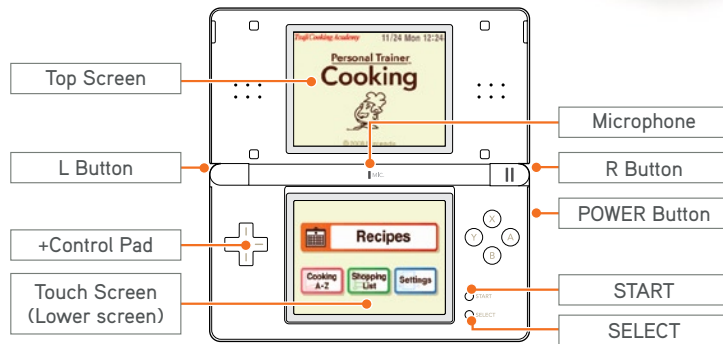
- * Wash hands and preparation surfaces before and after handling food—especially raw meat, poultry, seafood, or eggs.
- * Be careful when consuming raw meat, seafood, or eggs.
- * Be mindful of food allergies when preparing or serving food.
- * Adults should supervise children in the kitchen.

- * In this software, quantities given are generally for preparing two servings based on the Tsuji Cooking Academy recipes.
- * The quantities for one serving, four servings, and six servings are then calculated automatically, but are modified slightly to make the recipes easier to cook.
- * Please note that Homemade Ingredients recipes use fixed quantities in order to produce an easy-to-make amount.
- * Information on calories supplied by Foundations Family Nutrition, Inc. of Cambridge, Mass. Actual calories may vary depending on ingredients used.
- * Caloric values have been given for each dish in this software. The number of calories displayed is for a single serving of a four-serving recipe. Exceptions are noted in the Tips & Advice section of the recipes.
- * Cooking times are estimates based on preparing two servings.
- * Times for reconstituting, soaking, and chilling are not included in the cooking times.
- * The cooking times for ovens and toaster ovens will vary depending on the make and model used.
- * The measurements used are as follows: tablespoon = 15ml, teaspoon = 5ml
- * The recipes in this software are based on recipes originally created in Japan. Additional information has been added to these recipes during translation, but only when absolutely necessary.
- * Follow the steps in each recipe one by one to ensure that you follow the recipe precisely.
- * The heat settings used in this software are based on the settings used for gas stoves.
- * Adjust the heat and cooking time depending on the make, model, and type of stove used.
- * The amounts of oil given in the recipes in this software are based on the amounts needed for nonstick pans. If you do not have a nonstick pan, use slightly more oil than the amount indicated.
- * Soy sauce comes in two varieties: "dark" and "light." When "soy sauce" appears in the ingredients list, dark soy sauce is used.
- * When "flour" appears in the ingredients list, all-purpose flour is used.
- * The rice used in all the recipes on which this software is based is Japanese rice. When using other kinds of rice, refer to the packaging for details such as the required amount of water and the cooking time.
- * A "piece" of ginger in the recipes refers to a piece weighing about 1/2 ounce. As a rough guide, this will be a piece measuring about 3/4" by 3/4" in size.
- * A "clove of garlic" in the recipes refers to a clove of about 1/6 of an ounce, which will be around 1" long and 1/2" wide.
- * Amounts of cheese are estimates. When grating and slicing cheese, please prepare a generous amount.

Almost every function in this software can be performed by simply touching or sliding with the Nintendo DS stylus.



Using the Nintendo DS

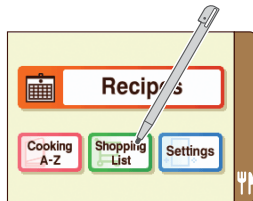


- * The position of START, SELECT, POWER Button, and microphone might vary depending on whether you use a Nintendo DS™ or Nintendo DS™ Lite system.
- * Holding the L, R, START, and SELECT buttons simultaneously at any point while using the software will take you back to the Title Screen.
- * Close the Nintendo DS during use to activate Sleep Mode and conserve battery life.
- * Please refer to the Nintendo DS Instruction Booklet when using the Nintendo DS or Nintendo DS Lite.

Use the stylus and Touch Screen to select the options you want.

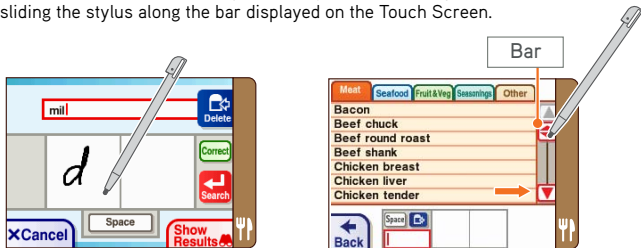
All it takes to select menu options or proceed to the next screen is a touch of the Nintendo DS stylus.

Touch **OK** to move to the next screen and **←Back** or **XCancel** to return to the previous screen.



Slide to write and move.

When there is a space to input text displayed on the Touch Screen, slide the stylus over it to write letters and numbers. Also, you can adjust the Chef's speech and scroll through lists by sliding the stylus along the bar displayed on the Touch Screen.



Whenever you see ▲ or ▼, you can use the +Control Pad instead of the stylus to scroll up and down through lists.

Get cooking!

When it comes to cooking, everyone has their own style. Follow the clear instructions in PERSONAL TRAINER: COOKING, and once you're familiar with the recipes and have mastered the techniques, you can put your own spin on things and really make the recipes your own.

Preparation is essential!

Nothing's worse than starting to cook and finding out you don't have the ingredients or utensils for the job! PERSONAL TRAINER: COOKING makes sure that doesn't happen. Use PERSONAL TRAINER: COOKING to check that you have all the ingredients and utensils you need to make your chosen dish. Once you have everything ready, it's time to start cooking!

The Nintendo DS is your cooking companion!

Each recipe is broken down into easy-to-follow steps. Check the individual photos as you progress through the recipe, and refer to the detailed explanations for cooking techniques as they appear [▶ Page 29](#). As no two ingredients are ever exactly the same, you may never get the same result twice—but that's all part of the fun of cooking. Keep practicing, and gradually develop your own individual cooking style!



GETTING STARTED

Grab your PERSONAL TRAINER: COOKING Game Card and Nintendo DS, then follow the steps below to unlock your culinary potential and become a whiz in the kitchen.

Getting Started



1 Make sure the Nintendo DS is switched off, then push the PERSONAL TRAINER: COOKING Game Card into the Nintendo DS Game Card slot until you hear it click.

2 Turn on the power, and the **Health and Safety Screen** will appear. After reading the text, touch the Touch Screen with the stylus to proceed to the **DS Menu Screen**.

3 Touch the PERSONAL TRAINER: COOKING panel on the **DS Menu Screen** to begin. The **Title Screen** will then appear.

* If you have your DS set to Auto Mode, you do not need to do this. For more information, please refer to your Nintendo DS Instruction Booklet.

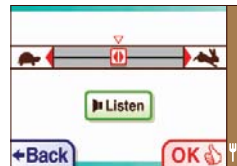


Title Screen

Four options ▶ Pages 11-13 will be available on the Touch Screen of the Nintendo DS. Touch the screen to select the one you want. The first time you start the software, you'll have the option to adjust the Chef's voice settings. After this, the settings will be saved and you'll be taken back to the Title Screen.



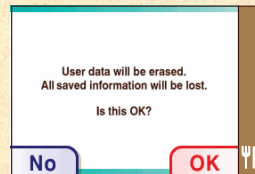
Title Screen



Chef's Voice Settings Screen

About Saved Data

The software automatically saves data such as information about dishes you've made and your comments. If you want to erase the saved data, select Delete User Data in the **Settings Menu**. Be careful, though, as deleted data can't be recovered.



Recipes

You can search for recipes in a number of ways, then follow the Chef's instructions to make them.

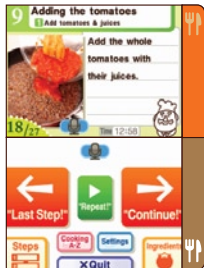
Choosing a Recipe

► Pages 15-21



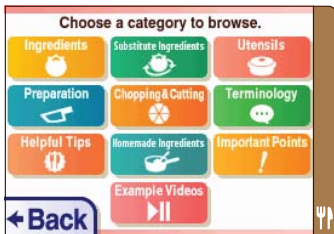
Cooking with the Chef

► Pages 23-30



Cooking A-Z

This is a valuable source of information about ingredients, cooking techniques, and much more. Browse the contents list and touch an item you're interested in to bring up a detailed explanation on the top screen.



Ingredients

You can find a short description and photos of each of the ingredients used in the PERSONAL TRAINER: COOKING recipes here. Choose from five categories: Meat, Seafood, Fruit & Veg, Seasonings, and Other.

Substitute Ingredients

What should you use when you can't locate the required ingredients for Asian recipes? Check this list to find alternative ingredients.

Utensils

View explanations and photos of the utensils used in PERSONAL TRAINER: COOKING recipes here.

Preparation

View explanations of how to prepare a variety of ingredients for use in the recipes.

Chopping & Cutting

View explanations of how to cut, slice, and chop ingredients.

Terminology

View explanations of the culinary terms used in PERSONAL TRAINER: COOKING.

Helpful Tips

Check out this collection of tips and advice that will come in handy in the kitchen.

Homemade Ingredients

This section explains how you can make your own sauces, pastry, and other basic ingredients, instead of buying them ready-made.

Important Points

This section explains the basic standards of calories, portion sizes, and other terms used in PERSONAL TRAINER: COOKING. Be sure to read this information before cooking to get the most out of this software.

Example Videos

View videos that demonstrate a range of cooking techniques.

Shopping List

► Page 32




When browsing through recipes, you can add ingredients you don't have to your shopping list. You can then view the shopping list you have created. When you have added ingredients to your shopping list, a check-box icon ☒ will be displayed over Shopping List on the Title Screen as a reminder.



Settings

Select this option to change various settings, such as specifying which ingredients you don't eat.

Excluded Ingredients

Select ingredients you don't eat by touching the check box to mark it with . Touch OK to save your settings. By touching , you can choose to have the software display a warning icon  next to any recipes containing excluded ingredients or to remove these recipes from the menu altogether.

Chef's Voice Settings

Adjust the speed of the Chef's voice.

Music

Adjust the music settings to choose when you would like the music to be played. You can select from Always, Not While Cooking, or Never.

Voice Input

Turn the voice commands on or off by tapping Yes or No.

Mic Test

Here you can check that the microphone is picking up your voice. Speak in the direction of the microphone. The orange bar will indicate how clearly the microphone has detected your voice.

Delete User Data

Select this option to erase your personal saved data. Please be careful, as data cannot be recovered once it's deleted.

Kitchen Timer

Select this to use the kitchen timer [▶ Page 28](#).

Resume

If you have used Quick Save [▶ Page 30](#) to save your progress in a recipe, a Resume option will appear on the Title Screen together with the name of the recipe you have saved. Touch this option to resume from where you left off.



CHOOSING A RECIPE

2



Whether you're looking for a quick-and-easy snack or an extravagant evening meal, **PERSONAL TRAINER: COOKING** makes it easy to choose the right recipe for you.

Choosing a Recipe

Search Menu and Calendar

Select Recipes to go to the **Recipe Search Screen**. Choose from the options on the Touch Screen to select a recipe search method.

Cooking Record

Each day you made something using **PERSONAL TRAINER: COOKING** will be marked on the calendar with a stamp. The stamps on the calendar will display the Made it! icon and the category of recipe you cooked.

* If you made more than one dish on that day, only the category of the last recipe you made is shown.

Search Menu

► Pages 16-21



Cooking Calendar

Touch this and the calendar moves to the Touch Screen. By touching days that have a stamp, you can check which dishes you made on that day. Touch Make This to go to the **Preparation Screen** for that day's dish. If more than one dish was made, touch Select a Recipe to go to the **Recipe Selection Screen**.

Viewing the Calendar

Touch to cycle forward or backward through the months. Touch to return to the current day.

View All

Select this to go to the Recipes at a Glance Screen, where you can view all the recipes sorted into categories such as soups, salads, desserts, and more.

Recipes at a Glance Screen

Touch a recipe, then touch OK to advance to the **Preparation Screen** for that recipe [► Page 23](#). Here you can check the required ingredients and utensils, then use the guide to give you instructions on how to make the dish.

The image shows the 'Recipes at a Glance Screen' for 'Tagliatelle with Meat Sauce'. It displays the recipe name, a photo of the dish, and key information: '60 min.' for cooking time and '770 cal' for calories. Below this is a 'No Notes' section. At the bottom, there's a grid of recipe thumbnails. To the right of the main screen, there are several callout boxes with labels and arrows pointing to specific features: 'Cooking Time' points to the 60 min. icon; 'Calories' points to the 770 cal icon; 'Recipe Information' points to the 'No Notes' section; 'By Country' points to the 'By Country' filter button; 'By Name/By Photo' points to the 'By Name' filter button; 'Details/Info' points to the 'Info' button; and 'By Category' points to the category navigation arrows at the bottom. The 'By Country' box also includes a link to '► Page 17'. The 'By Name/By Photo' box includes instructions to touch 'By Name' for alphabetical sorting or 'By Photo' to switch back to the 'Recipes at a Glance Screen'. The 'Details/Info' box includes instructions to touch the left or right arrow to move between categories or the 'Info' button for a detailed description.

You can browse recipes by country using the map. Select a country on the map and choose from its national dishes. Touch OK to start cooking with the Chef as your guide

► Page 23


By Name

Touch this tab to switch to an alphabetical list of all recipes.

By Photo

Touch this tab to see all recipes displayed as photos on the Recipes at a Glance Screen.

Regional Map

Slide to move around the regional map and touch  to select a country. The selected country will be highlighted in red and the number of times you have made recipes from that country will blink.



Recipe Overview

Recipes from the selected country will be displayed here. To select a recipe, touch its photo.

Arrow

Touch to move through the recipes one by one.

Country Flag

Touch to display information on the selected country's cuisine on the top screen.

Scroll Bar

Slide to scroll through the recipes.

Selected Recipe



Total Number of Recipes



Change Country

Touch to view dishes from another country.

World Map

The red marker indicates your current region. Touch  or  to change regions.



By Ingredients



Select this option to search for recipes by the ingredients used. Choose an ingredient from the list and touch View Results to go to the **Recipes at a Glance Screen** [▶ Page 16](#). You can also write the name of an ingredient in the text input boxes at the bottom of the Touch Screen.



Number of Recipes Containing the Selected Ingredient

Ingredient Type

Touch to change the category of ingredient displayed.

Delete

Touch to delete a single letter. Touch and hold to delete several letters.

Space

Touch to add a space.

Entered Letters

The letters you have entered.



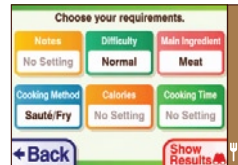
Text Input Boxes

Each letter you write in these boxes will be recognized automatically. You can write using uppercase or lowercase letters, but note that uppercase letters you write will be converted into lowercase when they are displayed on the screen.

By Requirements



Narrow down the number of recipes by specifying your precise requirements. Touch the screen to select a category such as Calories or Cooking Time, select your requirement from the list, and then touch OK. Once you've set everything you need, touch View Results and you will see the recipes meeting your requirements on the **Recipes at a Glance Screen**.



Keyword Search



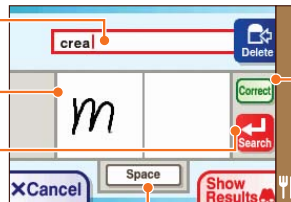
Search for recipe names, captions, or descriptions containing specific words such as "spicy," "creamy," "steak," etc. Use the text input boxes to enter the keyword one letter at a time, then touch to see the number of recipes containing this word. Touch View Results and you'll see these recipes on the **Recipes at a Glance Screen**. Note that you can enter both uppercase and lowercase letters, though uppercase letters will be automatically converted into lowercase letters when displayed on the screen.

Entered Letters

Text Input Boxes

Search

Touch to begin search.



Suggestions

If a letter you write is not recognized correctly, touch Correct for a list of suggested alternative letters.

Space

Touch to add a space.



Recipes Containing Selected Ingredients



Recipes Containing
Selected Ingredients

View a list of recipes containing ingredients you have checked on the **View Ingredients Screen** [▶ Page 24](#). Use this function to keep track of ingredients you still need to get.

Touch a recipe to select it, then touch OK to go to the **Preparation Screen** for that recipe [▶ Page 23](#).

This option will only be displayed if you have checked off at least one ingredient.



Favorite Favorite

View all recipes you have added to your favorites [▶ Page 25](#). The recipes will be arranged by category.

Touch a recipe to select it, then touch OK to go to the **Preparation Screen**. This option will only be displayed if you have added at least one recipe to your favorites.



COOKING WITH THE CHEF

3



After checking the ingredients and utensils you need and taking a look at the steps in the recipe, you're ready to begin cooking with the Chef as your guide. The Chef will take you through each step with instructions and photos displayed on the screen and easy-to-follow spoken instructions.

Cooking with the Chef

Start Cooking

Once you select a recipe, the **Preparation Screen** will be displayed on the Touch Screen. Touch the screen to view the ingredients, see the steps involved, or go straight to the recipe, where the Chef will give you instructions on how to make the dish. You can also enter notes or add recipes to your favorites.

Start Cooking Menu
► Pages 24-25

Notes ► Page 26

Turn Page
Touch or to move through the pages of the Tips & Advice displayed on the top screen.

Back to Search Screen
Touch to return to the Recipe Search Screen
► Page 15

Saved Note

Favorite
► Page 25

View Ingredients

View a list of essential ingredients together with the required quantities, and check the utensils you will need to use. Touch Steps to go to the Steps Screen.

Servings
Touch to change the number of servings you want to prepare. This will automatically change the quantity of ingredients needed.

Ingredients/Utensils
Touch here to switch between the lists of required ingredients and utensils.

Check Box
Touch here to check off the ingredient. Ingredients that you have chosen to exclude will be marked with ► Page 13.

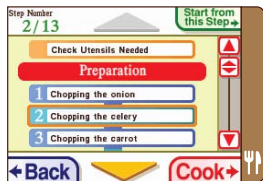
What happens when I check off an ingredient?

When you check off an ingredient, it will be added to your Shopping List ► Page 32. You can access the shopping list from the Title Screen. The recipe you checked it in will be displayed when you select Recipes Containing Selected Ingredients on the **Recipe Search Screen** ► Page 21.

Note: Once you have made a recipe and added a stamp to the Cooking Calendar, any checks will automatically be removed from the ingredients list for that recipe.

View Steps

View an overview of the cooking steps you need to follow to prepare the recipe. Touch Cook to start the guide. Alternatively, you can start from a specific step by selecting a step and then touching Start from this Step.



Cook

Touch here to start the guide. Once the guide starts, you can use Touch Screen controls or voice commands to proceed [▶ Page 27](#).



Adding a Recipe to Your Favorites

If you touch Favorite on the **Preparation Screen**, the recipe will be added to your favorites. Touch Favorite again to remove it from your favorites.


Recipes you add to your favorites will have a star icon displayed in the recipe information [▶ Page 16](#). You can view all of your favorite recipes by simply touching Favorite on the **Recipe Search Screen**. When you really enjoy a dish and want to prepare it again, be sure to make it a Favorite!



Making Notes

Touch Notes on the Preparation Screen to write and save your comments about the selected recipe. Write one character at a time in the text input boxes, using the horizontal lines as a guide for writing lowercase and uppercase letters.

Icons

Touch the ICON button to open a list of icons. Touch any of the icons to add them to your note. Touch  to remove the icon from your note.

Line Break

Input type

Switch between letter and number input.

Entered Characters

Characters you write are automatically recognized and entered here.

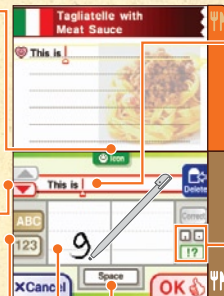
Punctuation

Touch to add punctuation marks.

Space

Touch to add a space.

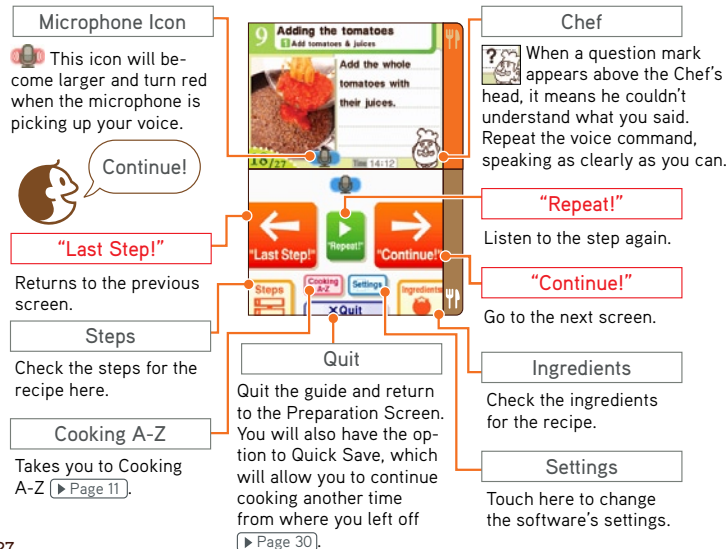
Text Input Boxes



How to Use the Guide

The Chef will talk you through each of the recipe's steps, accompanied by written instructions displayed on the top screen. Touch the icons on the Touch Screen to navigate through the steps. Whenever you see the microphone icon on the Touch Screen, you can control the guide without using the stylus by simply saying the appropriate voice command such as "Continue!" or "Repeat!" in the direction of the microphone.

In the diagram below, voice commands are in quotation marks and are shown in red boxes.



Tips for Better Results: Voice Recognition

- When speaking into the microphone, the ideal distance to be from the Nintendo DS is about 8–12 inches. Please be aware that the microphone is very sensitive, and shouting or blowing on it may interfere with voice recognition.
- Make sure you are speaking loudly enough by testing the microphone. To do this, go to the Settings Screen and select Mic Test (Page 13).
- The DS may have trouble recognizing your voice commands if there is a lot of noise in the background. Try to make sure that the environment is as quiet as possible when you give a voice command. Pronounce each word as clearly as you can, say the whole command at a constant volume, and try to avoid using strong dialects or accents.
- Those with higher-pitched voices may find that recognition of their voices improves if they speak a little more deeply than normal.
- Switching off the music while you're cooking may help the Nintendo DS to pick up your voice more accurately. Go to the Settings Screen and select Music (Page 13).

Timer



This handy kitchen timer lets you keep track of how long you need to cook, soak, or chill ingredients. Touch "Show Timer!" when it is displayed to use the timer.

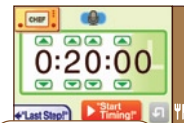
Touch and to change the time, then touch "Start Timing!" to start the kitchen timer. Touch to pause the timer, to restart, and to reset.

* You can operate the timer without using the stylus by saying "Show Timer!" and then "Start Timing!" into the microphone.

* If you put the DS into Sleep Mode while the timer is running, it will automatically pause. (Page 6)



Show Timer!



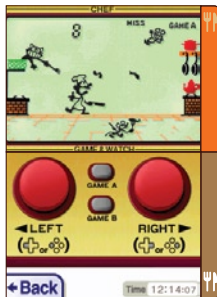
Start Timing!

Chef

While you are using the timer function within a recipe, you can take a break and play a version of the classic Game & Watch game "Chef." The timer will be displayed while you play, so you don't need to worry about losing track of time.

To start the game, touch the Chef icon on the top left of the Touch Screen. Next, touch either Game A or Game B on the Touch Screen to begin.

* This option will only become available after certain conditions are met.

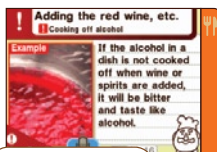


Detailed Explanation



Touch "More Details!" when it is displayed on the Touch Screen for a detailed explanation of a variety of cooking techniques and culinary terms that are highlighted red on the top screen.


* You can activate the explanation without using the stylus by saying "More Details!" into the microphone.



More Details!



Completed Recipe Screen

Once you've finished all of the steps, the **Completed Recipe Screen** will appear. Touch "Continue!" and pick a color, then touch  to stamp the cooking calendar. This dish will be saved as cooked and it will appear on the Cooking Calendar [▶ Page 15](#). The date and number of times you have cooked the recipe will appear on the **Recipes at a Glance Screen** [▶ Page 16](#) and on the map [▶ Page 17](#).



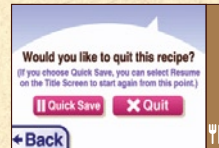
Stamp Color

Touch an icon to change the stamp color.

Quick Save

If you touch Quit during the guide, you can save your progress in the recipe and return to the Title Screen by touching Quick Save. If you want to exit the recipe without saving your progress, touch Quit again. You can continue where you left off by selecting Resume on the Title Screen [▶ Page 13](#).

Note: Your Quick Save file will be deleted when you complete the recipe or replaced if you create a new Quick Save file for a different recipe.



4 CHECKING YOUR SHOPPING LIST




When you're out shopping, make sure you don't forget those important ingredients! Choose **Shopping List** from the Title Screen to check the ingredients you have marked on the View Ingredients Screen [▶ Page 24](#).



Checking Your Shopping List

Shopping List


While you're shopping, touch the box next to the ingredient to add an OK icon  and show that you've bought it. Once you're ready to begin, touch **Make This** to go to the **Preparation Screen** [▶ Page 23](#) and begin cooking the dish containing the ingredient you selected.

You can also see all the recipes containing ingredients you have checked by choosing **Recipes Containing Selected Ingredients** from the search options on the **Recipe Search Screen**.

Recipes/Info

Select an ingredient and touch the tabs to switch the top screen display between recipe and ingredient information.

Ingredient List

Touch the boxes to mark them with .



Calculator

Touch the calculator icon to use the calculator.

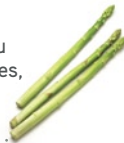
Make This

Touch an ingredient on the list, and the recipe containing the ingredient you checked off will appear on the top screen. Touch **Make This** to proceed to the guide for this recipe.

5 TIPS FOR HANDWRITING RECOGNITION



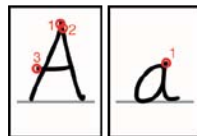
5 Occasionally, you might find that the handwriting-recognition function is unable to understand what you write. If this occurs, please refer to the following pages, where you can find pictures showing the best way to write numbers and letters so they can be recognized.



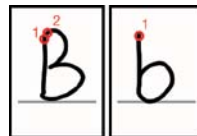
Tips for Handwriting Recognition

Letters

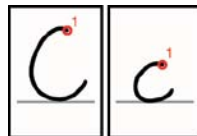
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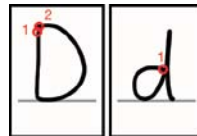
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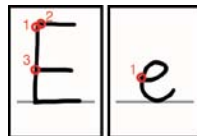
Cc



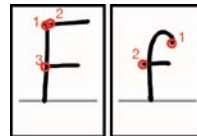
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Ee



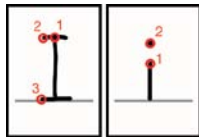
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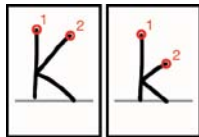
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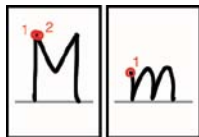
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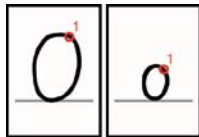
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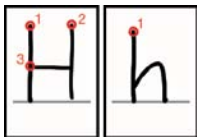
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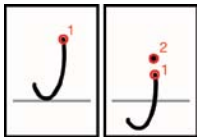
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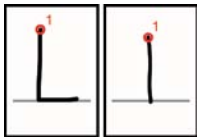
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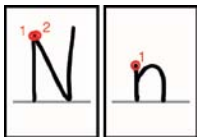
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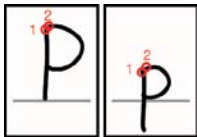
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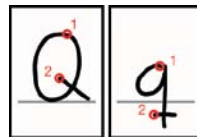
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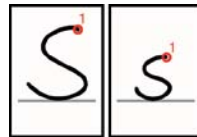
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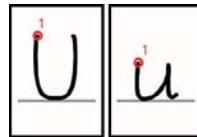
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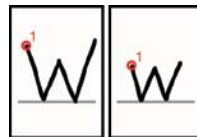
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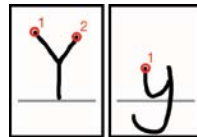
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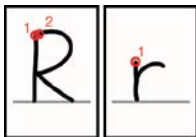
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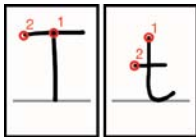
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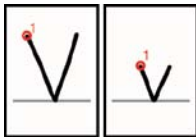
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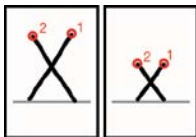
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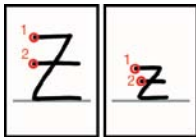
Vv



Xx



Zz



Numbers

1



3



5



7



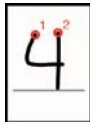
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2



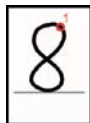
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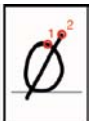
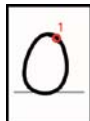
6



8



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