

SOME REFERENCE MATERIALS ON FOOD, DIET AND NUTRITION IN THE MESA COLLEGE LIBRARY



Alexis Lichine's New Encyclopedia of Wines & Spirits – Definitions of terms, types of wines, vintages, wine history, and more. B&w maps of regions, tables, appendices, and an index complete the volume. **REF. TP 546 L5**

Cambridge World History of Food – 2 vols. – Articles are arranged within eight sections covering such areas as “determining what our ancestors ate,” “food additives,” and “history, nutrition, and health.” They are supplemented by b&w drawings, tables, bibliographies, maps, and figures. An index of Latin names, as well as person name and subject indexes, are at the end of vol. 2. **REF. TX 353 C255**

Complete Beverage Dictionary – Short alphabetically arranged entries cover “all terminology used in the beverage industry,” with cross-references where needed. **REF. TP 503 L56**

Cooking A to Z – Alphabetically arranged articles cover foods and food types, their uses, storage, and preparation (most with recipes), supplemented by color photos. An index completes the volume. **REF. TX 349 H6z**

Craig Claiborne's The New York Times Food Encyclopedia – An eclectic mix of subjects are covered in alphabetically arranged entries, supplemented by b&w drawings and a bibliography. **REF. TX 349 C54**

Encyclopedia of Food: 1500 Ingredients and How to Cook Them – Short entries, arranged by type of food (e.g. “tea, coffee, chocolate and sweeteners,” “herbs and spices”), cover varieties within the category, purchasing, storing, and preparing. Entries are supplemented by color photos, a table of contents, and an index. **REF. TX 349 I544**

Encyclopedia of Food Science and Technology – 4 vols. – A table of conversion factors, abbreviations and unit symbols in vol. 1 is followed by detailed alphabetically arranged articles. B&w photos, drawings, and diagrams; tables; and figures augment the articles. An index is at the end of vol. 4. **REF. TP 368.2 E62**

Encyclopedia of Human Nutrition – 4 vols. –

Encyclopedia of Nutrition & Good Health – Tables, some short bibliographies, cross-references, and an index at the back augment alphabetically arranged articles covering such areas as health benefits of foods, ingredients (e.g. vitamins, minerals), additives, allergies, eating disorders, and more. **REF. RA 784 R646**

Encyclopedia of Vitamins, Minerals and Supplements – Tables, cross-references, a glossary, appendices on drug and nutrient interactions and illnesses associated with supplements, a bibliography, and an index enhance short alphabetically arranged articles. **REF. QP 771 E53**

Food of the Western World – Descriptions of foods and how to cook them are accompanied by b&w drawings and photos and cross-references. **REF. TX 349 F57**

Grand Livre de Cuisine Culinary Encyclopedia – Recipes, supplemented by color photos, are arranged alphabetically. A table of contents is at the front and a glossary, table of weights & measures, and index are at the back. **REF. TX 349 D797**

Hering's Dictionary of Classical and Modern Cookery – Descriptions of dishes, arranged by type of food (e.g. sweets, egg dishes), provide both the English and French names for each one. Sections on the bill of fare, cuts of meat, bar drinks, and more. Ends with three indexes: English, French, and Regional. **REF. TX 349 H5413**

Larousse Gastronomique – Covers the “history of foods, eating and restaurants; cooking terms; techniques from basic to advanced; ingredient identification, including how to recognize, purchase, store, and use; biographies of important culinary figures;” recipes; and more. Arranged alphabetically. Supplemented by color photos and general and recipe indexes. **REF. TX 349 L365**

New Complete Book of Herbs, Spices, and Condiments: A Nutritional, Medical, and Culinary Guide – Alphabetically arranged entries cover botanical and common names, medicinal properties (if any), part of the plant that’s used, the plant as food or drink, how the plant affects the body (benefits, side effects), and how to use the plant (if needed). Appendices on herbs used only in commercial pharmaceuticals and hazardous herbs, a bibliography, and an index complete the volume. **REF. TX 406 R56**

Oxford Companion to Food - Alphabetically arranged articles on foods and food products, and how to use them are supplemented by b&w drawings, a bibliography, and an index. **REF. TX 349 D36**

Oxford Companion to Wine – Alphabetically arranged articles are supplemented by maps, b&w and color photos, tables, diagrams, cross-references, appendices, and a list of entries by subject. **REF. TP 548 O76**

*For online resources, see **SOME WEB SITES RELATED TO FOOD, DIET AND NUTRITION** handout.*

*Use **SANDY PAC** to find all books, periodicals, and audio-visual materials. **PROQUEST** and **EBSCOHOST** list magazine, journal, and newspaper articles in a variety of subject areas. Do not forget to check in materials that may not seem directly related and in general reference sources.*

*If you are not sure how to use any of these materials, consult the **HELP** screens available on the computerized resources or the “**HOW TO USE**” aids at the front of the print indexes.*

*If you need help, **ASK A LIBRARIAN.***