

Centennial College Libraries

Food & Nutrition Management

library.centennialcollege.ca

Our Services

- Learning Centre
- Library Resources (print and online)
- Research Help
- Study Space, Group Study Rooms
- Computers/Photocopiers

Learning Centre

- Coop Tutors (University Students) for help with Science/Math
- Peer Tutors (Centennial Students) for help in specific courses
- Workshops: work with classmates and a Coop Tutor to clarify difficult concepts
- Group Review Sessions: prepare for exams with a tutor

Our Resources

Books: 80,000

Periodicals: 700 in print

Databases: 103

Media: 4,000

Books

Books are available in both print and electronic format

Can be borrowed from other campuses and also other libraries

Include academic titles, some popular titles and reference works

Reference Books

If you are new to a subject, Reference Books such as dictionaries, encyclopedias and handbooks are a good place to start

They provide overviews, definitions and can help you refine and narrow down your topic

Books

Use the [Library Catalogue](#) to find books

Search by keyword, author title and subject

Subject searching gives you better results than a keyword search

Periodicals

Periodicals are publications that are issued on a regular basis and are useful for providing current and focused information on a variety of topics

Newspapers, magazines and journals are examples of types of periodicals

Periodicals are available in both print and electronic format (in the Library databases)

Periodicals: Magazine vs. Journal Articles

Magazine Articles:

- > Intended for a general audience
- > Often written by a journalist/staff member
- > Usually do not require specialized knowledge or vocabulary
- > Not documented

Periodicals: Magazine vs. Journal Articles

Journal Articles:

- > Intended for a scholarly/professional audience
- > Usually written by an expert in the field
- > Often report on original research
- > Often require specialized knowledge or vocabulary
- > Documented – include in - text citations and references of previous research
- > Are peer reviewed

Peer reviewed

- Also called refereed or academic or scholarly
- Well researched authoritative work
- A committee of scholars/professionals approve the quality of the article before it is published in the journal

Peer review helps to establish a journal as an authoritative source

Magazine vs. Journal Article s (cont.):

Barnard, N. (2008, November/December). Pass on the salt? *Vegetarian Times*, (363), 30 - 31.



Robare, J., Carole Milas, N., Bayles, C., Williams, K., Newman, A., Lovalekar, M., Kuller, L. (2010). The Key to Life Nutrition Program: results from a community-based dietary sodium reduction trial. *Public Health Nutrition*, 13(5), 606-14.



(click on the pictures to access the articles, if you are outside the College network you will need to logon with your student number and PIN)

Trade Publications

- > Intended for practitioners of a profession
- > Usually written by practitioners and professional writers. They are not always signed by the author.
- > May be published by professional associations
- > Advertisements are industry related
- > Very few, if any citations
- > May contain technical or specialized language used in the profession

Trade Publication Article:

Jones-Mueller, A. (2009, September). Get ahead of the pack with simple steps to cut sodium levels. *Nation's Restaurant News*, 43(34), 68.



For more information on how to distinguish between magazine, journal and trade publications go to:

[Scholarly vs. Popular Publications](#)

library website > Research > Find articles & journals

Online Databases

Many of the Library's databases are full text periodical collections although others provide access to electronic books and reference books

Most can be searched from home. You will need to logon with your student number and your PIN if you are searching outside the College network

Online Databases

Periodical databases are the best way to find newspaper, magazine and journal articles.

Many have citation tools to help you cite your information sources in the correct format including APA format.

Online Database Search

library.centennialcollege.ca

Internet

There are some great sources of information on the Internet but be careful.

Internet sites, unlike books, journals and trade publications are not screened for reliability.

Your teachers may not want you to use the Internet for sources of information for your assignments.

Internet

More reliable sites may include websites of professional associations like the Dietitians of Canada site and recommended links from those sites.

Other reliable sites may include government websites and sites set up by educational organizations.

Internet

For more information on how to distinguish reliable websites go to: [Search the Internet](#)

library website > Research > Search the Internet

Documentation

As well as citation tools found in the databases, there are many print and [online guides](#) to help you cite your sources using standard methods

Library website > Research > Research Tips & Writing Help > APA style

Always give credit when you use someone else's ideas whether you use a direct quote or summarize their work

Library Help

Science and Technology Centre
Library: (416) 289-5000 ext. 8000

library.centennialcollege.ca/ask
(links to AskON Online Chat
Research service and AsktheLibrary
email)

Thank You!

Questions?

This PowerPoint, and other useful material can be found at:

library.centennialcollege.ca

Research>Library Classes>Library Class Handouts Blog>Health & Wellness

Gail Alexander, Librarian

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