



# Centennial College Libraries

## Nutrition and Food Service Management

[library.centennialcollege.ca](http://library.centennialcollege.ca)

# Our Resources

Books: 80,000

Audiovisual: 4,000

Periodicals: 700 in print

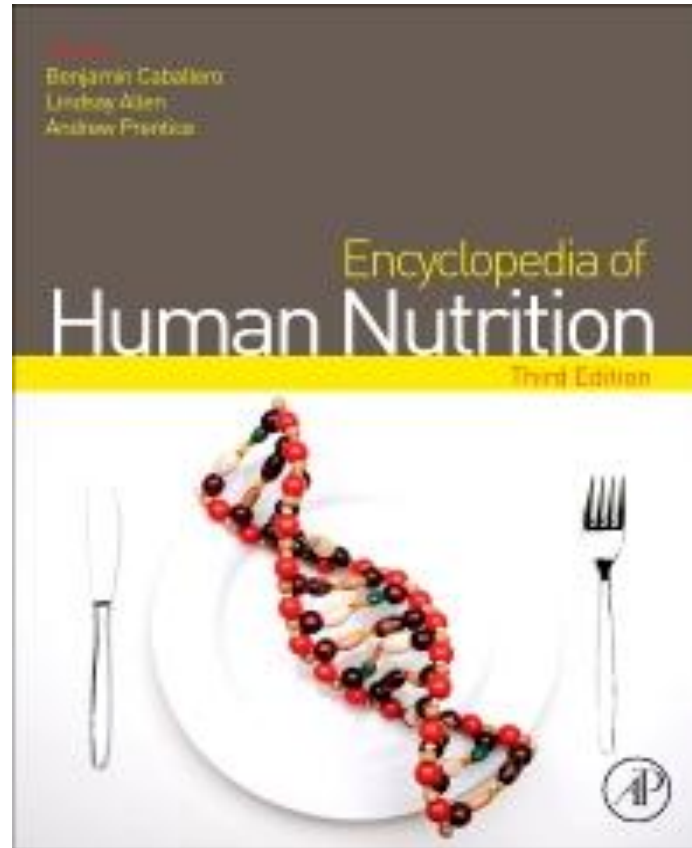
Databases: 103

# 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

# Encyclopedia of Human Nutrition



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

# 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

# Books

Use the [Search the Library Catalogue](#) link or “Search Everything “ box to find books (and audiovisual items)

Search by keyword, author, title and subject

Subject searching gives you better results than a keyword search

# Periodicals

Publications that are issued on a regular basis

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

# Journals and Journal Articles:

- > Intended for a scholars/professionals
- > Written by a practitioner in the field
- > Require specialized knowledge and vocabulary
- > Documented – include in - text citations and references to earlier research, books and articles
- > Peer reviewed

# Peer reviewed

Also called refereed or academic or scholarly

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 a trusted source of information

# Journal Article

Koliaki, C., & Katsilambros, N. (2013).  
Dietary sodium, potassium, and  
alcohol: Key players in the  
pathophysiology, prevention, and  
treatment of human hypertension.  
*Nutrition Reviews*, 71(6), 402-411.  
doi:10.1111/nure.12036

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



# Trade Publications and Articles:

- > For professionals in an industry
- > May be published by professional associations
- > Industry trends, issues, practices
- > Specialized knowledge and technical language used in the profession

# Trade Publication Article

Schilling, B. (2014). The enemy within. *Foodservice Director*, 27(3), 26-30.

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



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

Full text periodical collections

Electronic books and reference books

Can be searched from home:

logon with your student number and  
your PIN

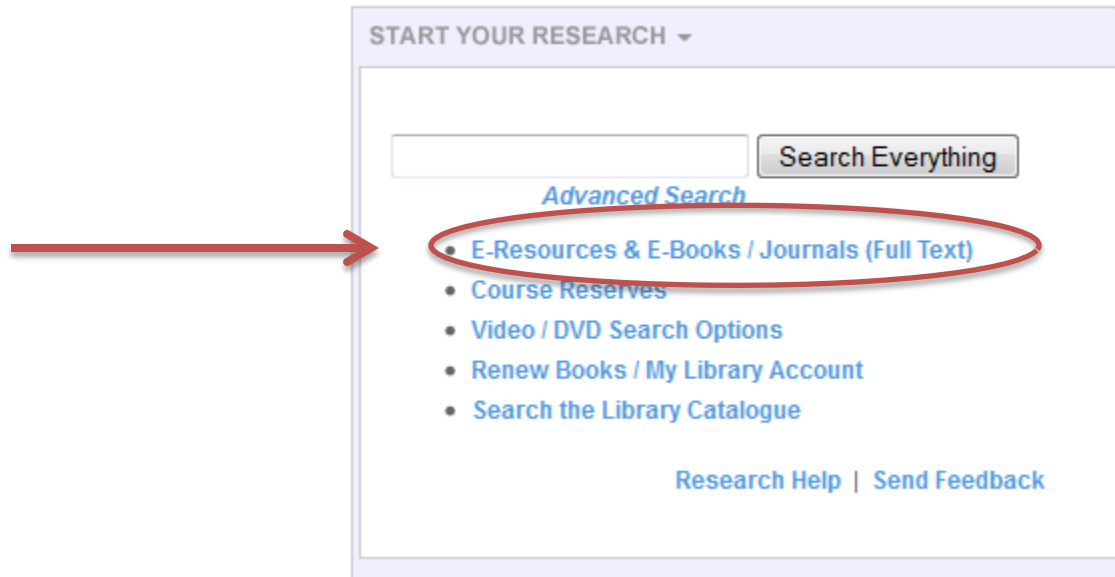


# Online Databases

Find newspaper, magazine, trade publication and journal articles on any topic.

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

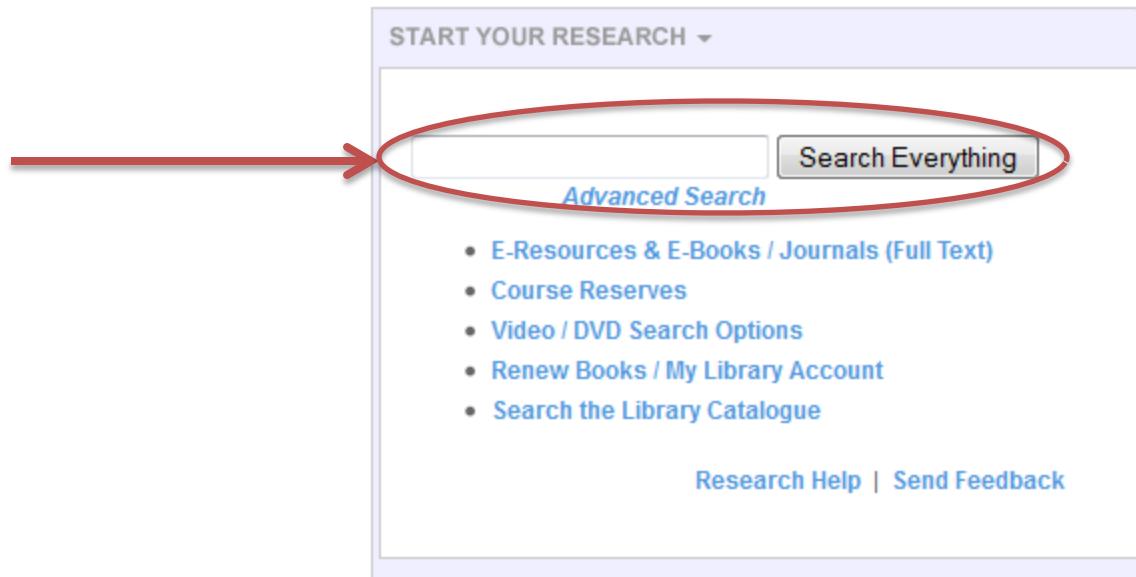
# Online Database Search



## Database Search Help:

<http://libraryguides.centennialcollege.ca/content.php?pid=689906&sid=5722022>

# Search Everything



**How to use “Search Everything”:**

<http://libraryguides.centennialcollege.ca/content.php?pid=689906&sid=5722021>

# Research Help:

The screenshot displays the Centennial College Libraries website. At the top left, the logo reads "CENTENNIAL COLLEGE LIBRARIES". The main heading is "LIBRARIES" with the tagline "learn > research > connect". A navigation bar includes "LIBRARY", "RESEARCH", "LEARNING CENTRE", and "ABOUT US". The "RESEARCH" menu is open, listing: "Find Books & Videos", "Find Articles & Journals", "Search the Internet", "Research Tips & Writing Help", "Subject Guides", and "Library Classes". Below the navigation is a search section with "START YOUR RESEARCH" and a search box containing "Advanced Search". To the right, there are promotional boxes for "Book a Tutor" and "Ask the Librarian". A "NEWS" section on the far right features a headline: "New Ashtonbee Library opens Jan. 6. Take a tour and receive a free print card!" dated January 6, 2014.

# Internet Searching & Web Site Evaluation

Research → Search the Internet

# Internet

Some great sources of information on the Internet - BUT BE CAREFUL.

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

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

# Reliable Internet Sites

## Professional Association Websites

Dietitians of Canada [www.dietitians.ca](http://www.dietitians.ca)

Academy of Nutrition and Dietetics [www.eatright.org](http://www.eatright.org)

## Government websites

Health Canada Online [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

## Educational Institution Websites

(and recommended links from those sites)

# APA Documentation

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

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

Morningside Library:  
(416) 289-5000 ext. 8000

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



# Thank You!

Gail Alexander, Librarian

416-289-5000 ext. 8107 (Morningside), ext. 8607 (SAC)

[galexand@centennialcollege.ca](mailto:galexand@centennialcollege.ca)



**LIBRARIES**  
library.centennialcollege.ca