

# Food and Culture Research Resources

## Print and Online Encyclopedias through the Library

- See the **GN300's section of the library's reference collection** (go into the library and make a left and you will see a sign for reference books and the reference desk – where you can get help).
- [Encyclopedia of Food and Culture](http://0-galenet.galegroup.com.wncln.wncln.org/servlet/eBooks?ste=22&docNum=CX3403499999&q=nclivewncln)  
http://0-galenet.galegroup.com.wncln.wncln.org/servlet/eBooks?ste=22&docNum=CX3403499999&q=nclivewncln  
In the search box to the left, enter the name of a country, culture, or food and click “Within this Publication.”
- [Encyclopaedia Britannica](http://0-search.eb.com.wncln.wncln.org/) (http://0-search.eb.com.wncln.wncln.org/)  
Good, general information on a culture. Most entries are many pages and you can email yourself the entries.
- [eHRAF World Cultures](http://0-ehrafworldcultures.yale.edu.wncln.wncln.org/) (http://0-ehrafworldcultures.yale.edu.wncln.wncln.org/)  
Systematically organized collection of thousands of books and articles on cultures.
- [Worldmark Encyclopedia of the Nations](http://0-galenet.galegroup.com.wncln.wncln.org/servlet/eBooks?ste=22&docNum=CX3410299999&q=nclivewncln)  
http://0-galenet.galegroup.com.wncln.wncln.org/servlet/eBooks?ste=22&docNum=CX3410299999&q=nclivewncln  
In the search box to the left, enter the name of a country, culture, or food and click “Within this Publication.”
- [Junior Worldmark Encyclopedia of Foods and Recipes of the World](http://0-galenet.galegroup.com.wncln.wncln.org/servlet/eBooks?ste=22&docNum=CX3435499999&q=nclivewncln)  
http://0-galenet.galegroup.com.wncln.wncln.org/servlet/eBooks?ste=22&docNum=CX3435499999&q=nclivewncln  
Directed toward a junior audience, this resource offers interesting recipes for older folks.
- [Modern China: an Encyclopedia of History, Culture, and Nationalism](http://0-www.netlibrary.com.wncln.wncln.org/urlapi.asp?action=summary&v=1&bookid=38883)  
http://0-www.netlibrary.com.wncln.wncln.org/urlapi.asp?action=summary&v=1&bookid=38883
- [Encyclopedia of Modern Asia](http://0-galenet.galegroup.com.wncln.wncln.org/servlet/eBooks?ste=22&docNum=CX3403799999&q=nclivewncln)  
http://0-galenet.galegroup.com.wncln.wncln.org/servlet/eBooks?ste=22&docNum=CX3403799999&q=nclivewncln

## Print and Online Cookbooks through the library

- To find if the WCU library (or ASU and UNCA) has a book on your topic, go to the [library home page](http://library.wcu.edu) (http://library.wcu.edu) and click the [Library Catalog](http://wncln.wncln.org/search/X) (http://wncln.wncln.org/search/X).
- To browse cookbooks, see the **TX380's through TX880's section of the library's general collection** (go into the library and take the steps or elevator down to the ground floor).
- [The Multicultural Cookbook for Students](http://0-www.netlibrary.com.wncln.wncln.org/urlapi.asp?action=summary&v=1&bookid=7621)  
http://0-www.netlibrary.com.wncln.wncln.org/urlapi.asp?action=summary&v=1&bookid=7621
- [Quick and Easy Low-fat Recipes From Around the World](http://0-www.netlibrary.com.wncln.wncln.org/urlapi.asp?action=summary&v=1&bookid=23292)  
http://0-www.netlibrary.com.wncln.wncln.org/urlapi.asp?action=summary&v=1&bookid=23292
- Browse [more than 70 titles from 1990 to the present](http://wncln.wncln.org/search~S4/X?SEARCH=(cooking)+or+(cookery)+or+(cookbook)+or+(cook%20book)&searchscope=4&Da=1990&SORT=D&m=4)  
http://wncln.wncln.org/search~S4/X?SEARCH=(cooking)+or+(cookery)+or+(cookbook)+or+(cook%20book)&searchscope=4&Da=1990&SORT=D&m=4

## Good, credible US and International web resources – to find specific, up-to-date information

- [United States Official State Government Websites](http://www.usa.gov/Agencies/State_and_Territories.shtml) (http://www.usa.gov/Agencies/State\_and\_Territories.shtml)
- [Google US Government](http://usgov.google.com) (http://usgov.google.com) - Searches US state and federal websites
- [CIA World Factbook](https://www.cia.gov/library/publications/the-world-factbook/) (https://www.cia.gov/library/publications/the-world-factbook/)
- [United Nations Country at a Glance](http://cyberschoolbus.un.org/infonation/index.asp) (http://cyberschoolbus.un.org/infonation/index.asp)
- [World Health Organization \(part of the United Nations\) Countries Listing](http://www.who.int/countries/en/) (http://www.who.int/countries/en/)

### **Find food and culture research articles**

1. Go to the [library homepage](http://library.wcu.edu) (<http://library.wcu.edu>). Beneath the “Articles/Databases” heading at the right of the page click [Academic Search Premier](#) (<http://library.wcu.edu/scripts/libredirect.asp?Port=0&Domain=www.nclive.org&Target=/cgi-bin/nclsm?rsrc=210>).
2. Once you enter the database, look for the EBSCOhost logo followed by a search box. Above the search box you will see the word “Searching” and the name of the database you are in currently. Click “Choose Databases.” Check databases that apply to your topic. The following databases are HIGHLY recommended:
  - **CINAHL with Full Text** – use for any allied health search – this is a great database!
  - **Medline with Full Text** – use for most medical searches
  - **SocINDEX with Full Text** – use for topics dealing with sociology
3. Scroll to the bottom and click OK. The “Choose Databases” screen will disappear.
4. Build a good search phrase.
  - Use the word **and** between words you want to appear in your results: kenya **and** food
  - Use the word **or** between words when multiple terms can mean the same thing: food **or** diet
  - Use the wildcard character \* asterisk for words having multiple relevant endings: kenya\*  
This search finds articles including Kenya, Kenyan, or Kenyans.
  - Use () parentheses to tell the database what to consider together: kenya **and** (food\* **or** diet\*)
  - For further search logic instruction, “[What the Heck is Boolean Searching?](#)” (<http://www.youtube.com/watch?v=QfvDPpnV0Pg>)
5. Click the search button. You will receive a listing of articles containing the search words you entered. To find out more about an article, click the blue, hyperlinked article titles you find interesting to read article abstracts.
6. Limit and sort your results. Look to the right until you see the green heading “Limit your results.”
7. To get only scholarly or peer reviewed resources, look beneath the “Limit your results” heading and click the box beside “Scholarly (Peer Reviewed) Journals.”
8. If you are in a time crunch, click the “Full Text” box. CAUTION: clicking “Full Text” may eliminate articles you can access full text online through the library but which come from services other than EBSCOhost.
9. If you need to use recent materials, fill in years in the boxes beneath “Filter by Publication Date.”
10. Your search results are sorted by date by default. To sort your results by relevance, look to the left of the green "Limit your results" heading and click the down pointing triangle beside "Sort by" and choose "Relevance.”
11. Click the “Update Results” button.
12. Look through the listing of article results. Click the “Add to folder” link to save information for articles you want and email or download them before you exit your search. Click the top Folder icon to get to selections.
13. Get the full text. To find the full text of an article, click the PDF Full Text, Linked Full Text, HTML Full Text, or Search for Full Text links.
  - If you receive an error message when you click the link to find full text, open another web browser window and go to the library catalog’s [journal title search](#) (<http://wncn.wncn.org/search/j>). Enter the title of the JOURNAL from which the article you want comes and access the desired article in that manner if the library has access to the journal. You can also browse for full text online journal holdings through the [E-journal List](#) (<http://atoz.ebsco.com/home.asp?id=1542>).
  - If you receive a message with the word “Sorry” or we do not have the material you need, put in an [Interlibrary Loan request](#) (<http://www.wcu.edu/1628.asp>). If you have trouble, call 1-866-928-5424.
  - [Not in Cullowhee?](#) (<http://www.wcu.edu/3245.asp>)
14. If you have trouble finding what you need, call the Reference Desk at 1-866-928-5424 or email Ann Hallyburton at [ahallyb@email.wcu.edu](mailto:ahallyb@email.wcu.edu). Also, remember that the main healthcare research guide, containing tons more helpful information, is available at: <http://www.wcu.edu/3550.asp>.