Find articles in these databases. Go to http://www.lib.utc.edu/databases/

- Academic OneFile (under Beginning Research)
- Omnifile FullText Mega Edition (under Beginning Research)
- JSTOR (under Multisubject Databases)
- Health Reference Center Academic (under Nursing & Medical)
- General Science Full Text (under Biological & Environmental Sciences)
- Agricola (under Biological & Environmental Sciences)

Food and Culture:

- Food Culture around the World.
  Each discusses topics such as ingredients, cooking, regional foods, eating out, special occasions, diet and health, attitudes toward food, typical meals, etc.

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</table>

  Food practices, beliefs and customs of major world religions.

  Good source for information about holidays and festivals in different cultures.

  Provides overviews of subjects from cultural/anthropological perspective, such as food and diet, hunting-gathering, feasts and festivals, etc.

  Describes cultural heritage, rites of passage, folklore, family life, etc. by ethnic group.

- Encyclopedia of Food and Culture (Reference Stacks: GT2850 .E53 2003)
  Describes cultural heritage, rites of passage, folklore, family life, etc. by ethnic group.

  Explores the history of foods, uses, rituals, preparation, holidays/festivals, etc.

  Each volume represents a region and includes an overview of the region, plus descriptive summaries of individual cultural groups.

  Identifies ethnic groups (indigenous and immigrant) that comprise each country of the world.

  Organized by region, then country; covers foods for special occasions, signature dishes, traditional ingredients.

- Illustrated Encyclopedia of Mankind (Reference Stacks: GN307 .I44)
  Describes customs, society, and community for major ethnic groups.

  Describes the use of foods in significant celebratory moments in various societies around the world; includes recipes.

Resources at UTC Lupton Library for HHP333 Food Origins Project

**Food Origins and History:**
  Provides the history and culture of food and drink around the world.
- **Encyclopedia of Junk Food and Fast Food** (Reference Stacks: TX370.S63 2006)
  Covers fast food chains, fast food types, junk foods. Gives overview and describes significance and history of products.
  Photographic guide to the best-known and most commonly used food plants of the world. Gives characteristics, origin and history, culinary uses and nutritional value.
- **The Encyclopedia of Food and Drink in America** (Reference Stacks: TX349.E45 2004)
  Explores the significance and history of food and drink in America.

**Spices and Herbs:**
- **The Spice and Herb Bible** (Reference Stacks: TX406.H44 2006)
  Basics and interesting facts about herbs and spices. Background information and key spices for popular world cuisines.

**Fruits and Nuts:**
- **Fruits & Nuts** (Reference Stacks: SB355.L95 2006)
  Plant species origins, history, nutritional and medicinal qualities, culinary uses.

**Nutrition:**
- **Encyclopedia of Food Science and Technology** (Reference Stacks: TP368.2.E62 2000)
  Food production, processing, safety, nutrition, and pharmaceutical properties.
- **Encyclopaedia of Food Science, Food Technology, and Nutrition** (Reference Stacks: TX349.E47 1993)
  Comprehensive coverage of most aspects of the science of food through the various stages along the food chain.
  Covers all aspects of foods, nutrition, and health.
  Contains dietary guidelines from around the world in Chapter 22.
- **Modern Nutrition in Health and Disease** (Reference Stacks: QP141.M64 2006)
  Contains brief international nutrition guidelines.
- **FNIC: Food and Nutrition Information Center**:
- **NIRC Nutrition Information Research Center**:
  [http://nirc.cas.psu.edu/links.cfm?area=351](http://nirc.cas.psu.edu/links.cfm?area=351)
- **Office of Dietary Supplements**: [click on IBIDS Database](http://ods.od.nih.gov/research/research.aspx)
- **Recipe Source**:
- **Food Reference Website** (trivia, poems, recipes, and more):
- **USDA National Nutrient Database**:

**General Food or Country Information:**
- **The Food Encyclopedia** (Reference Stacks: TX349.R644 2006)
  Definitions and pictures of ingredients, tools, techniques, people.
- **Oxford Companion to Food** (Reference Stacks: TX349.D38 1999)
  Information about foods and food topics the world over.
- **Librarians’ Internet Index**:
  [http://lii.org/](http://lii.org/) (Search for Food)
- **Background Notes** (includes section for food on each country):
  [http://www.state.gov/r/pa/ei/bgn](http://www.state.gov/r/pa/ei/bgn)

**For help with your research:**
Talk to us at the Reference Desk on the 1st floor of the library
Call 423-425-4510
Use IM to ask us a question at [http://www.lib.utc.edu/IM.html](http://www.lib.utc.edu/IM.html)
E-mail [Ask-a-Librarian@utc.edu](mailto:Ask-a-Librarian@utc.edu)

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