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FOOD



*A virtual buffet of recipes, tips and health information*

For centuries, cooking has been an art. Mix in today's health concerns and cooking has become a very important part of our daily lives.

That's where WorldCat can serve as your personal culinary consultant. Search it for gourmet recipes. Ethnic bakery tips. Nutrition information. Even diet and exercise resources. You'll get your fill with WorldCat.



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## COOKING AND NUTRITION

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### What you can find

- Ethnic recipe books
- Cooking Web sites
- Kids' cooking videos
- Articles on nutrition for different age groups
- Food-based computer games
- Interactive cooking lessons

### Let's get started!

1. Ask a librarian to help you bring up a WorldCat search screen on a library workstation, or visit [www.worldcat.org](http://www.worldcat.org) from your computer at home or work.
2. Enter a keyword such as subject, title or a person's name and click **Search**. Click on the title of an item that interests you to learn more about it.
3. Inside the library, you can follow a link to our online catalog to see if the item is available. On worldcat.org, enter your location and click on the name of this library or another nearby library.

Contact your librarian for more information or help.

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