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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.



COOKING AND NUTRITION

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

Contact your librarian for more information or help.



WorldCat is the world's largest database of library collections.

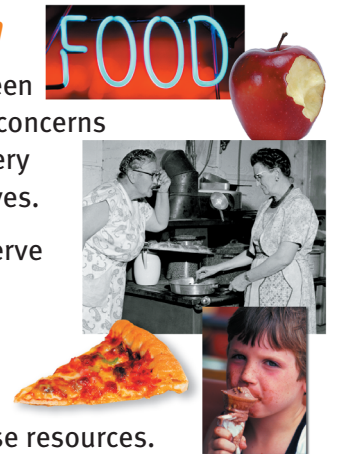
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