

# Essentials of Nutrition



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COMMUNITY COLLEGE*



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PART I  
FACULTY RESOURCES





# I. Request Access



To preserve academic integrity and prevent students from gaining unauthorized access to faculty resources, we verify each request manually.

Contact [oyer@achievingthedream.org](mailto:oyer@achievingthedream.org), and we'll get you on your way.

## Overview of Faculty Resources

This is a community course developed by an Achieving the Dream grantee. They have either curated or created a collection of faculty resources for this course. Since the resources are openly licensed, you may use them as is or adapt them to your needs.

## Now Available

- Assessments
- Study Questions
- Case Study Quizzes

## Share Your Favorite Resources

If you have sample resources you would like to share with other faculty teaching this course, please send them with an explanatory message and learning outcome alignment to [oeer@achievingthedream.org](mailto:oeer@achievingthedream.org).

## 2. I Need Help



Need more information about this course? Have questions about faculty resources? Can't find what you're looking for? Experiencing technical difficulties?

We're here to help! Contact [oeer@achievingthedream.org](mailto:oeer@achievingthedream.org) for support.



PART II  
MODULE I



# 3. Lecture #1 Introduction to Nutrition

[https://s3-us-west-2.amazonaws.com/achievingthedream/Tompkins+Cortland/Michael+Kobre+BIO+114/114-OER-CH-1+\(1\).ppt](https://s3-us-west-2.amazonaws.com/achievingthedream/Tompkins+Cortland/Michael+Kobre+BIO+114/114-OER-CH-1+(1).ppt)

# 4. Lecture #2 Digestion, Absorption, and Transport

[https://s3-us-west-2.amazonaws.com/achievingthedream/  
Tompkins+Cortland/Michael+Kobre+BIO+114/114-OER-  
CH-2+\(1\).ppt](https://s3-us-west-2.amazonaws.com/achievingthedream/Tompkins+Cortland/Michael+Kobre+BIO+114/114-OER-CH-2+(1).ppt)



# 5. Lecture #3 Carbohydrates, Simple Sugars and Complex Starches

[https://s3-us-west-2.amazonaws.com/achievingthedream/  
Tompkins+Cortland/Michael+Kobre+BIO+114/114-OER-CH-3.ppt](https://s3-us-west-2.amazonaws.com/achievingthedream/Tompkins+Cortland/Michael+Kobre+BIO+114/114-OER-CH-3.ppt)



PART III  
MODULE 2



# 6. Lecture #4 Lipids, Fats and Oils

<https://s3-us-west-2.amazonaws.com/achievingthedream/Tompkins+Cortland/Michael+Kobre+BIO+114/114-OER-CH-4.ppt>

# 7. Lecture #5 Proteins and Amino Acids

[https://s3-us-west-2.amazonaws.com/acheivingthedream/Tompkins+Cortland/Michael+Kobre+BIO+114/114-OER-CH-5+\(1\).ppt](https://s3-us-west-2.amazonaws.com/acheivingthedream/Tompkins+Cortland/Michael+Kobre+BIO+114/114-OER-CH-5+(1).ppt)

# 8. Lecture #6 Metabolism

<https://s3-us-west-2.amazonaws.com/achievingthedream/Tompkins+Cortland/Michael+Kobre+BIO+114/114-OER-CH-6.ppt>

# 9. Lecture #7 Energy balance & Body Composition

[https://s3-us-west-2.amazonaws.com/acheivingthedream/Tompkins+Cortland/Michael+Kobre+BIO+114/114-OER-CH-7+\(1\).ppt](https://s3-us-west-2.amazonaws.com/acheivingthedream/Tompkins+Cortland/Michael+Kobre+BIO+114/114-OER-CH-7+(1).ppt)



PART IV  
MODULE 3



# 10. Lecture #8 Weight Management

<https://s3-us-west-2.amazonaws.com/acheivingthedream/Tompkins+Cortland/Michael+Kobre+BIO+114/114-OER-CH-8.ppt>

# II. Lecture #9 The Water Soluble Vitamins

<https://s3-us-west-2.amazonaws.com/acheivingthedream/Tompkins+Cortland/Michael+Kobre+BIO+114/114-OER-CH-9.ppt>

# 12. Lecture #10 The Fat Soluble Vitamins

<https://s3-us-west-2.amazonaws.com/achievingthedream/Tompkins+Cortland/Michael+Kobre+BIO+114/114-OER-CH-10.ppt>



PART V  
CASE STUDIES





# 13. Case Studies #1

[https://s3-us-west-2.amazonaws.com/acheivingthedream/  
Tompkins+Cortland/Michael+Kobre+BIO+114/  
Nutrition+Case+Study-1S.pptx](https://s3-us-west-2.amazonaws.com/acheivingthedream/Tompkins+Cortland/Michael+Kobre+BIO+114/Nutrition+Case+Study-1S.pptx)

# 14. Case Study #2

[https://s3-us-west-2.amazonaws.com/acheivingthedream/  
Tompkins+Cortland/Michael+Kobre+BIO+114/  
Nutrition+Case+Study-2s.pptx](https://s3-us-west-2.amazonaws.com/acheivingthedream/Tompkins+Cortland/Michael+Kobre+BIO+114/Nutrition+Case+Study-2s.pptx)

# 15. Case Study #3

<https://s3-us-west-2.amazonaws.com/acheivingthedream/Tompkins+Cortland/Michael+Kobre+BIO+114/Nutrition+Case+Study+3s.pptx>