

Essentials of Nutrition

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IMPORTANT NOTICE

Dear users,

We regret to inform you that the Achieving the Dream Pressbooks library will be closing permanently at the end of September 2025. We sincerely appreciate the engagement and support this resource has received from our community. To ensure continued access to materials you currently use, we strongly recommend downloading copies of any texts before the closure date.

Multiple download formats are available to accommodate your needs.

Additionally, we encourage you to seek out alternative repositories of OERs such as OpenStax, Creative Commons, and more.

Should you have any questions or concerns regarding this transition, please contact us at OER@achievingthedream.org.

Thank you for your understanding and continued support.

Achieving the Dream

PART I

FACULTY RESOURCES

1. 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 for support.

2. Assessment Documents

[Study Question Sets, Quizzes, and Exams](#)

[Case Study #1 Questions](#)

[Case Study #2 Questions](#)

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

14. Case Study #2

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

15. Case Study #3

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