Essentials of Nutrition

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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 oer@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 oer@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 oer@achievingthedream.org for support.
PART II

MODULE I
3. Lecture #1 Introduction to Nutrition

4. Lecture #2 Digestion, Absorption, and Transport

https://s3-us-west-2.amazonaws.com/acheivingthedream/Tompkins+Cortland/Michael+Kobre+BIO+114/114-OER-CH-2+(1).ppt
5. Lecture #3 Carbohydrates, Simple Sugars and Complex Starches

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

8. Lecture #6 Metabolism

https://s3-us-west-2.amazonaws.com/acheivingthedream/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
PART IV

MODULE 3
Lecture #8 Weight Management

II. Lecture #9 The Water Soluble Vitamins

12. Lecture #10 The Fat Soluble Vitamins

https://s3-us-west-2.amazonaws.com/acheivingthedream/Tompkins+Cortland/Michael+Kobre+BIO+114/114-OER-CH-10.ppt
13. Case Studies #1

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
15. Case Study #3

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