UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

# COURSE SYLLABUS

## Alimentazione e Salute, Cibo e Cervello

**1819-2-H4101D273**

### Aims

Emphasize the relathionships between diet, food and health – Food as drug – The brain pathways involved in the food mechanisms: the neurogastronomy

### Contents

Food and brain: neurogastronomy – Food as medicine – Diet, nutrition and health – Food an pathological aspects

### Detailed program

Food as medicine – Food and health: nutrition and pathologies – Evolution of flavors – Brain and food: neurogastronony

### Prerequisites

Students at II year and over in Medicine, I years and over and students of the Courses in Nursing, Midewifery and Physiotherapy

## Teaching form

Lectures and workshop

## Textbook and teaching resource

V.A. Sironi, Le declinazioni del cibo, Laterza, Roma-Bari, 2015

## Semester

## Assessment method

Interactive verification at the course conclusion

## Office hours