



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

### Alimentazione e Salute, Cibo e Cervello

1819-2-H4101D273

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#### Aims

Emphasize the relationships 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: neurogastronomy

#### Prerequisites

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

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