



UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

SYLLABUS DEL CORSO

Alimentazione e Salute, Cibo e Cervello

1819-2-H4101D273

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
