

# UNIVERSITÀ DEGLI STUDI DI MILANO-BICOCCA

## **SYLLABUS DEL CORSO**

Food and brain: Yin and Yan

2122-90R-MOD5

#### **Aims**

The principles of a healthy diet will be illustrated, in particular focusing on foods and dietary patterns for a correct development and maintenance of brain functions.

#### **Contents**

- ? The principle of heath nutrition
- ? The relation between food and SNC development
- ? The good food for nervous system
- ? The bad food for nervous system

**Detailed program** 

**Prerequisites** 

**Teaching form** 

Textbook and teaching resource

Semester

II semester -March -April

### **Assessment method**

## Office hours

On appointment