

# 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