



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## COURSE SYLLABUS

### Food and brain: Yin and Yan

2122-90R-MOD5

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#### 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 health 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

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