



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 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
