

## Neuroscience (NFS489H)

### Format

4<sup>th</sup> Year; Fall 2018: 3 hours per week

### Course Outline

Sept 10	Introduction to nutritional neuroscience and overview of brain composition and metabolism.
Sept 17	Guest Lecture: Dr. Raphael Chouinard-Watkins Brain energy metabolism
Sept 24	How dietary fats enter and are metabolized in the brain. The expense of developing a brain.
Oct 1	Central regulation of feeding
Oct 8	Thanksgiving holiday, NO CLASS
Oct 15	TA lecture and assignment overview
Oct 22	Mid-term exam (in class)
Oct 29	Nootropics, caffeine, ketones, ALD
Nov 5	November Pause, NO CLASS
Nov 12	Food preference, food choices, food marketing, neuroeconomics
Nov 19	The emerging role of the brain and nutrition with regards to body weight
Nov 24	Assignment due (online submission)
Nov 26	Guest lecture Dr. Raphael Chouinard-Watkins Nutrition and Alzheimer's
Dec 3	Selected topics and review
Dec 6	(Makeup Monday) If necessary

### Course Evaluation

The course will contain the following evaluations:

1. Mid-term 30%
2. Assignment 20%
3. Final examination 50% (Date to be determined)