

2020 – 2021 NFS*489H: Nutritional Neuroscience

Course Instructor:

Instructor: Dr. Richard Bazinet
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Format

4th Year; 3 hours per week

Course Outline

Sept 13	Introduction to nutritional neurosciences and key background
Sept 21	Brain anatomy and metabolism
Sept 28	Brain lipid metabolism
Oct 5	Central regulation of feeding
Oct 12	Thanksgiving holiday, NO CLASS
Oct 19	TA lecture and assignment overview
Oct 26	Mid-term exam
Nov 2	Nootropics, caffeine, ketones, ethanol
Nov 9	November Pause, NO CLASS
Nov 16	Food preference, food choices, food marketing, neuroeconomics
Nov 20	Assignment due (online submission)
Nov 23	The emerging role of the brain and nutrition with regards to body weight
Nov 30	Nutrition and brain diseases
Dec 7	Selected topics and review
Dec 10	(Makeup Monday) If necessary
Date to be determined	Final Assessment.

Course Evaluation

The course will contain the following evaluations:

1. Mid-term exam 30%
2. Assignment 20%
3. Final assessment 50%