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%