

Nutritional Neuroscience (NFS489H)

Format

4th Year; Fall 2020: 3 hours per week

Course Outline

Sept 13	Introduction to nutritional neurosciences and key background – Virtual via ZOOM
Sept 20	Brain anatomy and metabolism Virtual via ZOOM
Sept 27	Brain lipid metabolism
Oct 4	Central regulation of feeding
Oct 11	Thanksgiving holiday, NO CLASS
Oct 18	TA lecture and assignment overview
Oct 25	Mid-term exam
Nov 1	Nootropics, caffeine, ketones, ethanol
Nov 8	November Pause, NO CLASS
Nov 15	Food preference, food choices, food marketing, neuroeconomics
Nov 19	Assignment due (online submission)
Nov 22	The emerging role of the brain and nutrition with regards to body weight
Nov 29	Nutrition and brain diseases
Dec 6	Selected topics and review
Dec 9	(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%