

Nutritional Neuroscience (NFS489H)

Format

4th Year; Fall 2013: 3 hours per week

Course Outline

Sept 9 and 16	Introduction to nutritional neuroscience Overview of brain anatomy with special regards food constituents that affect brain development, composition and biochemistry - TAs give abstract instructions
Sept 23 and 30	Central regulation of feeding Diet, brain metabolism and psychological function
Oct 7	Micronutrients, brain function and behaviour Vitamins and brain function Minerals and brain function ABSTRACT DUE
Oct 14	Thanksgiving holiday, NO CLASS
Oct 21	Student Lectures – Brain kinetics - TAs explain how to write the paper
Oct 28	Foods and supplements and brain behavior
Nov 4	The emerging role of the brain and nutrition in obesity Food preference, food choices, food marketing, neuroeconomics
Nov 11	Fall Break, NO CLASS
Nov 18	Student Lectures - Neuroinflammation and neurodegenerative diseases FINAL PAPER DUE
Nov 25	Eating disorders and disordered eating Types, prevalence, causes, medical consequences, treatment and Prevention
Dec 2	TA lecture – neuroinflammation
Dec 4	Makeup Monday - The emerging role of nutrition in neurodegenerative diseases and neuropsychiatric disorders. The arachidonic acid hypothesis of bipolar disorder

Course Evaluation

The course will contain the following evaluations:

1. Abstract 15%
2. Paper. Students will prepare a paper on one of a variety of topics related to nutrition and the brain (40%)
3. Final examination (45%)