

Teaching method	Topic	Teacher	Timing
Pre-assignment	Getting to know the subject/ learning task Activating questions and a brief written assignment Course Objectives and Identifying Students' Own Motivation	Hanna Lagström	9.3 instructions to working via web Return/deadline 18.3.2020
Lecture 1 (3h)	Course Objectives	HL	
	Probiotics, prebiotics	Carlos Gomez Gallego, UTU+UEF	Fri 20.3 at o'clock 10-12 DEN280
Lecture 2 (2h)	Basic knowledge of diet and nutrition	HL	Fri 27.3 at o'clock 10-12 DEN280
Lecture 3 (2h)	Journal club, working with articles	HL	Fri 3.4 at o'clock 12-14 DEN280
Working via moodle	Reading material, written assignment/ web conversation	HL	23.3-3.4
Lecture 4(2h)	Journal club, working with articles	HL	Tue 6.4 at o'clock 8-10 DEN216
Working via moodle	Reading material, written assignment	HL	7.4-17.4
Lecture 5 (2h)	OMG! Can gut microbes affect the brain?	Eveliina Munukka	Tue 21.4 at o'clock 14-16 DEN216
Lecture 6 (2h)	Microbiota-Gut-Brain axis and development	Anna Aatsinki	Thu 23.4 at o'clock 9-11 DEN 218
Lecture 7 (2h)	Early Life Nutrition and Gut Microbiota	Samuli Rautava	Thu 28.4 at o'clock 9-11 DEN218
Lecture 8 (2h)	Food and mood: an introduction	Anu Ruusunen, UEF	Thu 7.5 at o'clock 13-15 DEN216
Lecture 9 (2h)	Can we treat mental disorders by nutrients or improving diet?	Anu Ruusunen, UEF	Fri 8.5 at o'clock 9-11 DEN218
Independent work	Written essay (scientific text)	introduction after lecture on 21.4	Deadline 13.5
Working via moodle	Peer review of 3 essays/ each student		Deadline 20.5
Lecture 10 (2h)	Summary of the course, free discussion (for example.	HL	Thu 14.5 at o'clock 14-16 DEN218
Independent work (web)	Goals and motivation, learning diary - <i>did you reach your goals</i>		Deadline 24.5