

Nutrition and Brain 5 op, TBMC0001 Responsible teacher: Hanna Lagström (hanlag@utu.fi)

Objectives (5 ECTS) and Teaching Methods for Spring 2021 Course.

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	8.3 instructions to working via web Return/deadline 16.3.2020
Lecture 1 (2h)	Course Objectives Basic knowledge of diet and nutrition	HL	Thu 18.3 at o'clock 10-11
	<i>To be announce</i>	Laura Galante (LG)	Thu 18.3 at o'clock 11-12
Lecture 2 (2h)	Probiotics, prebiotics <i>Instruction to journal clubs (HL)</i>	Carlos Gomez Gallego, UTU+UEF	Fri 19.3 at o'clock 10-12
Lecture 3 (2h)	Early Life Nutrition and Gut Microbiota	Samuli Rautava	Thu 25.3 at o'clock 10-12
Lecture 4 (2h)	Microbiota-Gut-Brain axis and development	Anna Aatsinki	Thu 26.3 at o'clock 10-12
Working via moodle	Reading material, written assignment	HL	1.4 – 16.4
Lecture 5 (2h)	Journal club presentations	LG HL	Mon 29.3. at o'clock 13-15
Lecture 6 (2h)	OMG! Can gut microbes affect the brain?	Eveliina Munukka	Tue 30.3 at o'clock 10-12
Lecture 7 (2h)	Food and mood: an introduction	Anu Ruusunen, UEF	Fri 9.4 at o'clock 10-12 OK
Lecture 8 (2h)	Can we treat mental disorders by nutrients or improving diet?	Anu Ruusunen, UEF	Thu 15.4 at o'clock 10-12
Lecture 9 (2h)	Journal club presentations Instructions to essay	HL, LG	Fri 16.4 at o'clock 10-12
Independent work	Written essay (scientific text)	Introductions after lecture on 16.4	Deadline 26.4
Working via moodle	Peer review of 2 essays/ each student		Deadline 3.5
Independent work (web)	Goals and motivation, learning diary <i>- did you reach your goals</i>		Deadline 6.5
Lecture 10 (2h)	Summary of the course, free discussion etc.	HL	Fri 7.5 at o'clock 10-12