HON 291B (Writing Intensive): Sophomore Seminar (Biological Sciences diversification)
“Food for Thought”
Mon/Wed 12pm-1:15 pm
Online
Instructor: Dr. Zoia Stoytcheva
You are what you eat. How do our food choices affect our body and brain function? Gut health is a hot topic among researchers, health care professionals, and consumers. This course will help you gain a basic understanding of the human microbe and its impact on human health. With the industrialization of the food system and monopoly of food chains by big corporations issues around food safety emerge. How can we make safer choices for our health, brain function, and memory? The course will discuss food as medicine and nutrition, the effects of food on mental health, the ethics of eating, and food safety.