



# Hygienic Evaluation of Food for Schoolchildren in Educational Institutions

<b>Sadirova M.K.</b>	Tashkent Medical Academy
<b>Toshmatova G.A.</b>	<i>Tashkent Medical Academy</i>
<b>Yuldasheva F.U.</b>	<i>Tashkent Medical Academy</i>
<b>Ravshanova M.Z.</b>	<i>Tashkent Medical Academy</i>

**ABSTRACT** Eating is one of the important factors that determine the state of health, and it is an indicator of the health of each person and the entire population in general. Therefore, protecting the health of our people, along with a number of other activities, is aimed at organizing a full and rational diet of all groups of the population and with its help, ensuring the healthy growth and development of our children and maintaining their ability to work.

**Keywords:** Healthy lifestyle, problems in student nutrition, rational nutrition, proper nutrition

One of the most urgent problems of modern society is the problem of healthy eating. Proper nutrition includes the consumption of the necessary amount of proteins, fats, carbohydrates, vitamins, macro and microelements for the normal functioning of the body. A person's physical health, the state of the immune system, longevity, mental harmony - all this is directly related to the problem of healthy eating. The problem of student nutrition is particularly relevant. Due to lack of time, students do not have the opportunity to follow a proper diet for 3 to 4 times.

Chronic insomnia, disruption of daily routine and rest, eating habits can lead to neuropsychic disorders. To prevent a negative situation, a properly organized balanced diet is of great importance. Changes in the primary lifestyle have a great impact on the body of elementary school students in particular. The increase in the amount of information provided, more demands than the workloads of lower educational institutions, inability to

independently allocate one's time, and inability to properly organize one's lifestyle lead to an increase in mental workload. Young people have physiological processes that have not yet been formed, primarily the neurohumoral system, and they are sensitive to nutritional imbalances.

The change in the food composition of students from rural areas to big cities has a negative effect on their body. Due to this, the food ration in the village contains more plant products. An increase in sausages, high-grade flour products in it leads to a decrease in bowel movements and constipation. Due to the fact that many students break their eating habits during their studies, they develop a disease of the digestive system, which is called the "disease of the young". A connection between mastering the lesson and eating habits has been established: if a student comes to class with an empty stomach, they have the mastery of training activities slows down. According to a series of scientific observations, 60% of students who study for a

satisfactory grade followed two meals, and 80% of those who studied for a good grade followed three meals.

In students studying in the technical direction, loads are mainly in the process of calculations, books, drawing tables, and the stress falls on the visual system. The simplest way for a student to follow the nutrition culture is to control his weight. Being overweight or underweight is a key indicator of health.

Students should follow the following recommendations when coordinating meals:

- The diet should contain quality natural products, that is, fresh vegetables and fruits, milk and fish;
- It is necessary to take into account the specific characteristics of the student's body and living conditions when creating a diet. Four meals a day is desirable and 25% of the daily intake should be breakfast, 35-40% lunch, 10-15% tea and 25% dinner. Meals should be varied and eaten at a certain time of the day. Dinner should be 2-3 hours before sleep. Juice, candy, apples - these are a separate (additional) type of food;
- Food ration should be filled with products of high nutritional and biological value (vitamins, minerals, calcium, iron, iodine, zinc, (enrichment with semi-unsaturated fatty acids and dietary fibers). Protein foods (beef, chicken, fish, eggs, cheese) should not be less than once in the diet;
- It is advisable to declare 1-2 days a week as a vegetarian day by eating a lot of greens, vegetables and fruits. At least one daily meal should include wet fruits and vegetables (cabbage, beets and carrots), vegetable foods (salads, porridges, juices, etc.), apples, nuts;
- When eating fatty meat, it is necessary to eat salads that improve digestion, especially greens. Consumption of sugar and salt should not exceed the standard level. Sugar can be replaced with honey, dried dates or nuts;
- In order for the intestinal system to work well, products containing a large amount of food fibers (wheat bread, special types of cookies, soups with wheat bran, salads, yogurt, etc.) are added to the diet;

- The following products that stabilize the nervous system and deepen the intellect - carrots, peppers, cabbage, lemons, cherries, walnut, such as cumin, onion and fish oil are recommended.

**Results.** One of the important factors determining the state of health is a properly balanced diet. Maintaining a normal weight, protection against metabolic diseases, the balance of vitamins and trace elements, minerals directly depends on our diet. The break between main meals and snacks should not exceed at least two hours. Breakfast and dinner can be lighter. Lunch should be high in calories because we use the most energy in the middle of the day.

One of the most important aspects of proper nutrition is the combination of nutrients, which makes it easier to digest food without bloating. A balanced, proper diet is the key to good mood, well-being, physical and mental activity.

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