



Studying Nutrition In School Children And Its Importance.

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ABSTRACT

The article is devoted to the study of the diet of schoolchildren and their health. Nutrition is one of the main factors that determine not only the quality of life, but also the conditions for a child’s development. It is known that any deficiency, especially protein and vitamin deficiency, can slow down growth processes and worsen the psychophysiological state of the developing organism.

Keywords:

primary school students, vitamins, proteins, carbohydrates, rational nutrition, proper nutrition.

Relevance of the problem:

Today, in a number of countries of the world, one of the urgent problems is the production of specialized food products of various functional areas in order to prevent various alimentary pathologies along with periodic monitoring of the micronutrient status among various segments of the population. However, the development of measures aimed at strengthening the health of students studying in various educational institutions and increasing their ability to work is one of the urgent tasks of our time. That is why this topic corresponds to the current problems of preventive medicine. The state of health of people depends on their observance of a healthy lifestyle, knowledge and observance of the diet and culture of nutrition. Studies by a number of authors have shown that the nutritional status of children and adolescents is determined by the unevenness and non-standardization of ingredients in their composition. Among schoolchildren in Sakha (Russia), 85% of schoolchildren eat at home, from 6 to 12% go to school without breakfast in the morning. It has been studied that 29% of schoolchildren have lunch at school, 38.4% do not eat because of lack of money, 28% do not eat

because of lack of taste and taste, but all schoolchildren eat at home in the evening. Proper nutrition in childhood and especially in primary school students during the school period creates conditions for the prevention of diseases, increasing performance and adaptation, physical and mental development, adaptation of the younger generation to the environment, the formation of human health in its subsequent period. Special requirements are imposed on the provision of meals to primary school students. A number of anatomical and physiological features of children of primary school age can be distinguished. At this age, the need for vitamins and minerals increases. In the daily diet of schoolchildren, meat products make up 35-56%, milk and dairy products 18-46%, fish products - 2-35%, vegetables - 46%, fruits, eggs, cheese. This means that the lack of micronutrients in the daily diet of children and adolescents and the resulting iron deficiency cause the development of anaemia and the need to develop preventive measures aimed at its prevention. A number of scientific works have been carried out aimed at improving the health of the population and assessing the effect and

effectiveness of foods that cause diseases in different age groups, but the daily diet of schoolchildren with anemia is not enriched with local plants. drugs and the effectiveness of treatment has not been proven.

However, the analysis of the studied scientific sources has shown that today in the conditions of the Republic of Karakalpakstan, the development of a diet enriched with local foods, aimed at preventing diet-related diseases in primary school students, is a way out. Assessing the nutritional, biological and chemical composition of the daily diet of selected students, ensuring the safety of protein-rich foods, the development of diseases and treatment with local products are among the urgent tasks that need to be solved today.

The purpose of the study: to study and improve the nutritional features of schoolchildren.

Object of research: primary school students living in the Republic of Karakalpakstan, as well as their parents, are taken as the object of research.

Research methods: questionnaire-survey, analytical, sanitary-hygienic and sanitary-statistical.

Scientific news. A hygienic assessment of the health status of primary school students studying in the conditions of the Republic of Karakalpakstan has been carried out; A hygienic assessment of the chemical composition, nutritional and biological value of the actual diet of primary school students of the Karakalpak people studying in the conditions of the Republic of Karakalpakstan has been carried out; comprehensive measures aimed at improving the nutritional status of primary school students in the Republic of Karakalpakstan.

Theoretical and practical significance of the study. The results of the study are the hygienic substantiation of the theoretical and practical significance of improving the health of primary school students studying in the Republic of Karakalpakstan, the detection and prevention of diseases related to nutrition, enrichment of the daily diet with locally produced products and chemical composition. enriched daily diet,

consists of an analysis of the biological composition.

Practical significance of the research work. The results of the study are the development of a procedure for the prevention of foodborne diseases among primary school students studying in the Republic of Karakalpakstan, the assessment of the place and importance of foodborne diseases in the agenda and the creation of a hygienic basis for preventive measures aimed at On the basis of the method, methodological guidelines and recommendations have been developed.

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