

EFFECT OF NUTRITION ON HEALTH OF SCHOOL STUDENTS

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A B S T R A C T	K E Y W O R D S
<p>Nutrition is one of the most important factors determining the health of the population. Proper nutrition ensures the growth and development of children, helps prevent diseases, prolongs life, increases labor productivity, and creates conditions for adequate adaptation to the environment. Ensuring healthy nutrition for the younger generation is the most important direction of state policy.</p>	<p>Elementary school students, vitamins, protein, carbohydrates, rational nutrition, proper nutrition</p>

Introduction

Currently, about 74 percent of children in Uzbekistan are of school age. One of the most important health problems in our country is strengthening children's health. [1]. In recent years, anemia, respiratory diseases, endocrine diseases, diseases of the nervous system, and poisoning have been increasing among schoolchildren [4]. One of the most urgent problems in maintaining and strengthening the health of children and adolescents is providing them with proper nutrition that meets their physiological and hygienic requirements in terms of quantity and quality [8, 9]. Balanced nutrition in childhood helps to improve work efficiency and the learning process, as well as physical and mental development. Therefore, studying the nutrition of schoolchildren is of particular importance.

Today, in a number of countries around the world, one of the pressing problems is the production of specialized food products in various functional areas in order to prevent various nutritional pathologies, along with periodic monitoring of micronutrient status among various segments of the population (Poznyakovskiy V.M., 2010). At the same time, the issues of developing measures aimed at strengthening the health status and increasing the working capacity of students educated in various educational institutions are awaiting a solution [1].

The state of health of people depends on their adherence to a healthy lifestyle, knowledge of their diet and food culture and their observance of it. Studies by a number of authors have shown that the state of nutrition of children and adolescents is determined by the irregularity and non-standardization of the ingredients in their composition. Among schoolchildren in the Russian city of Sakha, 85% of schoolchildren eat at home, from 6 to 12% go to school without breakfast. It was found that 29% of the surveyed schoolchildren eat lunch at school, 38.4% do not eat because of lack of money, and 28% do not eat because of lack of taste and aroma, but all schoolchildren eat at home in the evening. In the

daily diet of schoolchildren, meat products make up 35-56% of the total, milk and dairy products 18-46%, fish products - 2-35%, vegetables - 46%, fruits, eggs, and cheese are consumed very little in the diet. This suggests that the daily diet of children and adolescents is deficient in micronutrients and, as a result, leads to the development of iron deficiency anemia, and it is necessary to develop preventive measures aimed at preventing it [12].

A number of scientific studies have been conducted to assess the impact and effectiveness of food products on health promotion and disease prevention in various age groups, but the effectiveness of treatment has not been proven, as the daily diet of schoolchildren suffering from anemia is not enriched with local plant products.

The purpose of the study:

To study the specific characteristics of schoolchildren's diet

The correct balance of nutrients is very important for children's health. The schoolchildren's diet should include foods containing not only proteins, fats and carbohydrates, but also essential amino acids, vitamins, some fatty acids, minerals and trace elements. These components are not synthesized independently in the body, but are necessary for the full development of the child's body. The ratio of proteins, fats and carbohydrates should be 1: 1: 4[7].

Food is the only source from which a child receives the necessary plastic material and energy. The normal functioning of the brain and body largely depends on the quality of the food consumed. It is useful for parents to know that the "difficult" character of a child is often the result of improper nutrition, and proper nutrition improves mental abilities, develops memory in children, and thus facilitates the learning process for him.

Elementary school students An integrated approach is needed to analyze the state of the food structure of the country and select the main components to create functional products containing the necessary micronutrients for use in school diets [5].

The school period from 7 to 17 years of age is characterized by intensive growth processes, skeletal and muscular growth, complex changes in metabolism, endocrine system and brain function. These processes are associated with the final maturation and formation of a person.

The specific characteristics of this age group, as well as the increased information flow, the complexity of the school curriculum, the combination of additional loads with classes (elective lessons, clubs, homework) entail significant psychological stress for students to provide for all this. In life processes, students need good nutrition, which will cover the body's increasing needs for proteins, fats, carbohydrates, vitamins and energy. These indicators vary significantly depending on age, gender, type of activity and living conditions. At school age, children need to receive biologically complete foods rich in proteins, mineral salts and vitamins.

Products When choosing, it is impossible to take into account the need for children for easily digestible food, because their digestive system has a weak ability to digest food. Dairy products are the main source of minerals, vitamins and proteins. Preference should be given to fermented milk products, which have a beneficial effect on the digestive process. Lactic acid and other bactericidal substances contained in fermented milk products inhibit the growth of pathogenic microbes. For example, the use of the drink "Bifidok" in hot weather leads to a decrease in dysbacteriosis, as it contains 30% more iron, twice as much potassium and magnesium.[12].

The World Health Organization (WHO) recommends: WHO recommendations are based on the traffic light principle.

Green light - unlimited food- this is bran bread, whole grains, and at least 400 g of vegetables and fruits per day.

Yellow light - meat, fish, dairy products- only in smaller quantities than low-fat and "green" foods.

The red light indicates foods to watch out for: sugar, butter, and confectionery. The less often you consume such products, the better.

A child's daily diet should not contain more than the following products: 5-6 tablespoons of sugar, 3 chocolate, 5 caramel, 5 teaspoons of jam or honey, 2-3 waffles, 50 g of cake, 1-2 tablespoons of vegetable oil, 30 g of butter

The most harmful foods for children: chips, fast food (belyashi, khachapuri, fries), ketchup and mayonnaise, confectionery products rich in fat and sugar, coffee and energy drinks.

The physiological characteristics of school-age children, their intensive growth processes characterized by mobility, significant mental stress, especially elementary school students increases the basic food and energy needs of the group. Elementary school students When forming a diet, the basic principles of rational, balanced nutrition should be observed: meeting the needs of children in nutrients and energy (proteins, fats, carbohydrates, vitamins, minerals, etc.) in accordance with their age and physiological needs; ensuring a balanced diet for all nutrients, including amino acids, fatty acids, carbohydrates, and various vitamins and minerals; preparing dietary foods rich in a maximum variety of foods and vitamins; technological processing of products that ensure the preservation of vitamins; avoiding the use of foods that have an irritating effect on the mucous membrane of the digestive organs, as well as products that have a negative impact on the health of schoolchildren with chronic diseases.

Children and teenagers especially of primary school students The ratio of the main nutrients in the diet (by weight) should be 1:1.5: proteins, fats and carbohydrates. At the same time, the energy requirement of students should be 25% for breakfast, 35-40% for lunch, 15% for snacks after lunch, and 20-25% for dinner, and in this order.

Special attention should be paid to dietary fiber, as its importance in children's nutrition is not great. The main and only sources of dietary fiber are cereals, vegetables and fruits. For school-age children, it is recommended to consume 15-20 g of dietary fiber per day.

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