



## THE STUDY OF THE NUTRITION OF CHILDREN OF SMALL SCHOOL AGE AND ITS IMPORTANCE

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### **Relevance:**

The rational nutrition of children of kindergarten age is of great importance in the growth and development of child organism, in the adequate satisfaction of the demand for basic and complementary nutrients. The presence in the consumer food of growing organisms of macro-and micronutrients in the required amount ensures the normal course of physiological, biochemical processes in the body. The protection and strengthening of children's health has been and will remain the main task in any society. It is children who make up the most vulnerable and sensitive part of it and, at the same time, determine its future Labor, reproductive, intellectual and vital potential. There is a steady trend towards a 1.9-2.3-fold increase in obesity among children and adolescents, with the prevalence of digestive system diseases and nutrition-related diseases such as anemia.

### **Research objective:**

Nutrition is one of the most important factors that affect a person from his birthday to the last days of his life and are involved in the formation of his health. Quantitative and qualitative indicators of nutrition determine the processes of growth, development, activity of the central nervous system, adaptive resistance to infections and unfavorable environmental factors of anthropogenic or geochemical origin, as well as the overall ability to function.

Materials and research methods. The accumulated experience of many epidemiological and experimental studies in the field of nutrition determines a number of problems in the nutrition of the children's population, including the lack of balance in nutrients, the degree of their consumption and the discrepancy between the norms of physiological needs, chronic lack of vitamins, which is associated with the non-rational structure of the food set.

### **Research results:**

In the literature, great attention is paid to the problems of nutrition in preschools, where children spend 10-12 hours, and the number of pupils accounts for more than half of all children of this age. At the same time, in most cases, the traditional method of analyzing the menu layout is used to evaluate and study nutrition in organized groups, and attempts to change methodological approaches do not find their intended and practical application. An information search conducted showed that the literature did not pay enough attention to the problems of the formation of daily nutrition, including the features of home nutrition of preschool children, the methods used in the study of nutrition in organized groups do not reflect and are not discussed, the issues of violation of the nutritional status of healthy children do not determine the Hygienic assessment of the actual daily nutrition of children attending preschool institutions was carried out. With the joint use of the method of evaluating menu cookbooks and the method of individual weight, for the first time, new data on the quantitative and qualitative composition of Real Nutrition in organized groups were obtained. At the present stage, the specifics of the behavior of preschool children at home nutrition were

identified. The effect of protein levels in the diet of children on the structure of the body was studied.

**Conclusion:**

The nature of nutrition, which acts during critical periods of early ontogenesis, changes the growth program and helps to increase obesity, atherosclerosis, cardiovascular disease, stability of the immune system, cholesterol, insulin, micronutrient metabolism and life expectancy. New knowledge caused the creation and widespread adoption of the concept of programming nutrition in the early stages of development.

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