

**HYGIENIC ASSESSMENT OF THE SIGNIFICANCE OF HEALTHY DIET IN THE HEALTH OF STUDENTS AND YOUNG PEOPLE EDUCATING IN HIGHER EDUCATION COUNTRIES AND THEIR LEARNING**

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**Annotation:** This scientific article talked about the health of students studying in higher educational institutions and analyzed the hygienic assessment of the importance of healthy nutrition in their learning.

**Key words:** Students, healthy eating, malnutrition.

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The problem of protecting the health of adolescents, especially students, and prolonging human life is considered as the main principle of ensuring the bright future and well-being of every developing country. One of the leading factors determining the health of adolescents is the nutritional factor. students are engaged in both mental and physical loads. During this period, students feel the need for foods with high energy value due to the high energy consumption. Students spend 6-8 hours a day in higher education institutions, and this proper nutrition of students during the period of time is important for their health, besides, since many students study from distant regions and work outside of class or attend additional classes, in many cases not only in higher educational institutions. Many negative effects can be observed on their health and participation in educational processes due to the fact that they do not follow their diet during the time spent, maybe even outside of classes. In addition to reducing the ability of students to learn, master, and fight against external environmental factors, it also affects their growth processes, labor activity, and health. comorbidities caused by poor nutrition, including: in the first place, various diseases of the gastrointestinal tract, and in the next places, the development of diseases such as anemia, metabolic disorders, namely, many students. As a result of scientific research and surveys conducted among students, it was found that they lack important nutrients such as dietary fibers, minerals and animal proteins with high biological value. comparative analyzes of the supply of real nutrients to the students' body, as well as the mechanism of the effect of the real nutritional supply of their body on the functional state of the main organs, have not been fully studied. It was found that it was not enough to cover. It was also revealed that due to students not being able to allocate their time properly, not wanting to eat, and sometimes not having enough money to eat enough, they they do not follow the diet. Establishing a healthy diet among students studying in higher educational institutions is an important factor in their quality education and, on the basis of this, in their future development as mature staff. As of February 20, 2023, there are a total of 209 higher educational institutions in our country, where more than 1 million students study.

**The purpose of the research:** to study the state of healthy eating among students studying in higher educational institutions and to hygienically assess the impact of eating habits on their learning and health.

**Research objects and methods:** Tashkent Medical Academy in the territory of our republic served as a research object. In the research, questionnaire and survey methods were used. In the survey, a total of 200 1-2- 3rd-4th year students aged 18-24 participated. 94 of them were girls and 106 were boys.

**Research results and discussion:** According to the results of the investigation carried out at the research facility, the average diet of 1-4 year students studying at the Tashkent Medical Academy is breakfast 21%, lunch 23%, no snack and dinner 38%. Actually, according to the norm, breakfast should be 30-35%, lunch 35-45%, dinner 25-30%. , diseases such as gastroduodenitis develop widely.

Similar diseases are common not only among students, but also among some working people who do not follow the daily routine and diet. -intestinal diseases can also be included. Of course, since these diseases are not spread through infection, every person should follow a regular diet in order to maintain his health.

In addition, according to the results, the ratio of protein, fat, and carbohydrates in the food consumed by students was studied separately. According to it, the ratio of protein, fat, and carbohydrates is 1.1:1:2.7. is enough. According to SanQ and M 0007-20, their ratio is 1:1:4, and according to the age, gender and professional activity of the population, the daily energy consumption of students, who are mainly engaged in mental work, is 1800-2450 kcal. should do. It can be seen from this that the amount of carbohydrates in the diet of students is insufficient. For this reason, as a result of lack of carbohydrates, general weakness, anemia, loss of appetite are observed in the body.

**Conclusion:** Based on the results of the research, it can be concluded that students should increase the percentage of breakfast and lunch in their diet and reduce the percentage of dinner. In addition, they should add the 4th meal hour to their diet. zi students have lunch but very little, the rest of the students - almost all students don't have lunch at all. Almost all students have lunch and dinner alternately. It is a reason not to eat or sometimes not to have lunch at all. Such students are recommended to increase the percentage of lunch by a sufficient amount. It is recommended to reduce the percentage of food, this will cause proper digestion of food before going to sleep and prevent most diseases. Eating dinner 2 hours before going to sleep will improve the activity of the liver, gall bladder and intestines. helps to work well.

Judging by the ratio of protein, fat, and carbohydrates, the amount of protein and fat in the students' diet is moderate, and the amount of carbohydrates is low. It is necessary to increase the amount of nutrients rich in carbohydrates in the diet.

1. leguminous products: oats, beans, rice
2. vegetables: beets, carrots, potatoes
3. fruits: almost all fruits
4. other products: yogurt, sweets

Consuming such carbohydrate-rich products provides constant energy. Basically, students are recommended to eat more fruits, because fruits are beneficial for the body in every way. And it affects the digestive system and locomotor systems.

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