

ANALYSIS OF NUTRIENTS IN THE DIET OF STUDENTS OF SCHOOL EDUCATIONAL ORGANIZATIONS

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Healthy nutrition of children in pre-school education organizations, nutrition composition and full compliance with it allows to ensure children's hormonal development. The specific characteristics of the diet adopted by the family and the diet organized in the children's institution where the child is raised determine the formation of the diet of a child, and later of an adult. The main rules of rational balanced nutrition of children, defined by leading scientists in the field of children's nutrition, include: the nutritional value of the diet should be in accordance with the energy consumed by the child; that the diet is balanced in terms of all exchangeable and non-exchangeable food factors, including proteins and amino acids, fats and fatty acids, carbohydrates, vitamins, mineral salts and trace elements, as well as minor, conditionally irreplaceable nutrients (bioflavonoids, etc.) necessary for optimal nutrition.

The purpose of the study is to assess the food ration of 4-7-year-old preschool children. For this purpose, 10-day menus of preschool education organization No. 91 located in Almazor district of Tashkent city were analyzed.

Research material and methods. The children's menus were analyzed in the preschool educational organization, and the chemical composition of the food products in the food ration was analyzed based on the calculation method based on special tables. The obtained data were compared with SanQvaN №0016-21 "Hygienic requirements for the organization of safe and quality nutrition of children raised in preschool educational institutions of the Republic of Uzbekistan".

Analysis of the obtained results. Protein in the diet is 18.55 g compared to the norm (63.65 g), fats (64.70) 17.59 g, carbohydrates (203.34 g) 18.3 g, energy (1650.31 g) 307.37 g was found to be low. Together with this, we can see that the ratio of protein, fat and carbohydrates (normally 1:1:4) is 1:1:4.1. The proportion of animal and plant protein (average 55% and 45%) in our observations is 59.5% and 40.5%, respectively, and the same indicators of total fat (average 66.7% and 33.3%) are 80.8%, respectively and it was found to be 19.2%.

Conclusion: We can conclude from the obtained data that it was found that the nutrients in the diet of the children of the preschool education organization are less than the established sanitary and hygienic norms.

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