

## ASSESSMENT OF FOOD PRODUCTS IN THE DIET OF STUDENTS OF SCHOOL EDUCATIONAL ORGANIZATIONS

I. O. Otajonov,  
H. V. Karimov,  
S. U. Yoldashev,  
Z. A. Karabaev,  
A. O. Akhadov

Tashkent Medical Academy, Tashkent State Dental Institute

Many scientific studies conducted in our country, as well as in foreign countries, in order to assess the impact of nutrition on the growth and development of the child, once again prove that rational nutrition, along with physical activity, adherence to the daily routine, health treatments, provides a life rich in emotions, excellent health and good mood of children. . Children's body differs from that of adults by rapid growth and development, active development of organs and systems. These physiological characteristics are determined by the nutrient and energy needs of children and adolescents. In turn, the high requirements for nutrients and energy per unit of body weight make it necessary to carefully select food products and their proportions, cooking methods and components of food preparation.

**The purpose of the study** is to assess the food ration of 4-7-year-old preschool children.

**Research material and methods.** 10-day menus of preschool education organization No. 91 located in Almazor district of Tashkent city were analyzed. 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.** Children's menus were analyzed in a preschool educational organization, and food products in the diet were compared with the norm, in which bakery products from high and 1st grade flour enriched with vitamins and minerals (100 g) were 25% more than the norm (100 g), high and 1st grade flour (30 g) 16.7%, starch (3 g) 33.3%, confectionery (10 g) 20%, potatoes (120 g) 10% more. Cereals, legumes, pasta products (48 g), sour cream with a fat content of 15% (5 g), eggs (1 piece), dry fruits (10 g) and tea (0.3 g) were observed to be within the prescribed limits. Sugar (25 g) 4%, natural butter from cow's milk (20 g) 20%, vegetable oil (8 g) 25%, natural cow's milk with a fat content of 2.5-3.2% (200 g) 7, 5%, yogurt and kefir (100 g) 4%, cottage cheese with a fat content of 2.5-5.0% (20 g) 15%, hard cheese (10 g) 20%, beef, sheep, poultry of the first category and rabbit meat (60 g) 10%, vegetables (180 g) 6.7%, fruits, berries and juices (150 g) 10.7% were found to be less than the norm.

**Conclusion:** We can conclude from the obtained data that it was found that the food products in the diet of the children of the preschool educational organization do not meet the sanitary and hygienic standards.

### Literature:

1. Отажонов, И. О. (2011). Заболеваемость студентов по материалам углубленного медосмотра студентов, обучающихся в высших учебных заведениях. Тошкент тиббиёт академияси Ахборотномаси.–Тошкент, (2), 122-126.
2. Islamovna, S. G., Komildjanovich, Z. A., Otaboevich, O. I., & Fatihovich, Z. J. (2016). Characteristics of social and living conditions, the incidence of patients with CRF. European science review, (3-4), 142-144.
3. Отажонов, И. О. (2020). Кам оксилли пархез самарадорлигини баҳолаш.
4. Отажонов, И. О., & Шайхова, Г. И. (2020). Фактическое питание больных с хронической болезнью почек. Медицинские новости, (5 (308)), 52-54.
5. Отажонов, И. О. (2020). Оценка психологического состояния больных с хронической болезнью почек. Главный редактор–ЖА РИЗАЕВ, 145.
6. Отажонов, И. О. (2021). Сурункали буйрак касаллиги бўлган беморлар ҳаёт сифати кўрсаткичлари.
7. Отажонов, И. О. (2010). Характеристика фактического питания и качественный анализ нутриентов в рационе питания студентов высших учебных заведений. Врач-аспирант, 43(6.2), 278-285.
8. Otajonov, I., Shaykhova, G., Salomova, F., Kurbanova, K., Malokhat, N., & Kurbonov, K. (2020). Effectiveness of diet in experimental chronic kidney disease. European Journal of Molecular & Clinical Medicine, 7(2), 1097-1109.
9. Отажонов, И. (2011). Ҳозирги тараққиёт даврида талабалар овқатланишини гигиеник асослаш (Doctoral dissertation, Тошкент тиббиёт академияси).
10. Akhmadaliev, N. O., Salomova, F. I., Sadullaeva, K. A., Abdukadirova, L. K., Toshmatova, G. A., & Otajonov, I. O. (2021). Health State Of Teaching Staff Of Different Universities In The Republic Of Uzbekistan. NVEO-NATURAL VOLATILES & ESSENTIAL OILS Journal| NVEO, 15954-15967.
11. Otajonov Ilkhom Otajonovich (2022). Analysis of the Diet of Patients with Chronic Kidney Disease. Telematique, 21(1), 7639-7643.