



*“ICHKI KASALLIKLAR FANINI O‘QITISHDA  
ZAMONAVIY PEDAGOGIK TEXNOLOGIYALAR O‘RNI”  
XALQARO O‘QUV-USLUBIY ANJUMAN  
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the pedagogical technologies in the course of the lesson, and to be able to apply the chosen method correctly. During the passive practice, the students of the group are studied both pedagogically and psychologically, and based on the results of the study, the technologies that can be used for working with them and in the course of the lesson are selected. By now, a school student is well-developed, knows IT very well, gets basic information from the Internet. Attracting such a modern student to the lesson is one of the most important issues before pedagogues. In particular, it requires great skill from the pedagogue to be able to correctly choose new pedagogical technologies in order to involve middle class students in the lesson process, make them interested in science, listen to each other's opinions and exchange ideas. In order to increase the efficiency of the lesson, to develop the student's independent thinking, we chose the "Role-playing games" technology.

## **THE CONCEPT OF THE TEACHER'S PEDAGOGICAL TECHNIQUE**

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**Abstract:** The article considers pedagogical technique as the most important tool of a teacher, the possession of which carries out effective interaction with students in various pedagogical situations. Mastery of technology most fully reveals the moral and aesthetic positions of the teacher, reflecting the level of general and professional culture, as well as the potential of his personality.

**Keywords:** pedagogical technique, verbal communication, nonverbal communication, poses, gestures, voice, articulation, breathing, rhythmic sand tempo, intonation, pause, pantomimic and mimic.

Modern pedagogical science notes that the role of pedagogical technique in the system of pedagogical skill is invaluable. Because he serves as a programmer in explaining to the teacher how to master his body -facial expressions, pantomime, control his emotions, hobbies, abilities, speech techniques and their application in educational activities, in the process of extracurricular work. Thus, pedagogical technique is a combination of such professional and personal competencies that serve as the main



factor in establishing the pedagogical activity of a teacher, influencing pupils, organizing and managing them. What is meant by teacher pedagogy? What qualifications does the pedagogical technique of a teacher consist of? What role does he play in the organization, implementation and educational impact of the educator on educational work? Observation of the experience of the work of advanced teachers and innovators, the study of the activities of schools of excellence indicates that the full mastery of pedagogical technology, the formation of skills in it contribute to increasing the effectiveness of education and upbringing, improving the upbringing of students and, on this basis, moving up the ladder of pedagogical excellence. It is recognized that in the system of culture of pedagogical activity of a teacher, the role of the components of pedagogical mastery of pedagogical technology, pedagogical etiquette, and the culture of pedagogical communication is great. L.I. Ruvinsky, noting the special importance of pedagogical technique in the system of pedagogical skill of a teacher, writes: "The pedagogical technique of a teacher is such a set of skills that allows the teacher, through what pupils see and hear, to convey their thoughts and soul to them" N.N. And Tarasevich, discussing pedagogical technique in his treatise "Pedagogical technique as an element", says: "mastery is a pedagogical technique, consisting of a set of methods, emotions, mental states that explain the internal and external manifestations of the teacher's activity. "Indeed, observations of the activities of teachers who perform pedagogical tasks at a high level show that pedagogical techniques play an important role in organizing the cognitive activity of students and the educational impact on them. Because he teaches the teacher the ability to control emotions (emotions), master passions, abilities, speech techniques and apply them in educational activities, in the process of work. Thus, pedagogical technique is a set of certain professional and personal competencies that act as the leading factor of influence in the process of pedagogical activity of a teacher, organization and management of educational work. Scientists studying and implementing the theory of pedagogical excellence believe that pedagogical technical qualifications are divided into two groups: The first group of qualifications consists of the teacher's ability to master the technique of speech, mimic and pantomimic expressions, manage their



emotions and mood, acting and directing skills. The second group of qualifications of pedagogical methods consists of professionally related qualifications, which include Gnostic qualifications, design qualifications, constructive ones (the ability to organize the creative work of a team, professionally related qualifications in the upbringing, training of pupils. A teacher, who loves the children's team, feels it, works according to his vocation, must have both a whole range of personality traits that ensure a high level of self-organization of professional activity, and constantly improve the art of education and training. He must possess pedagogical skills, since only skill can provide effective results of the teacher's work. The foundation for the development of a teacher's professional skills, which gives him depth, solidity, meaningfulness of actions, is professional knowledge, pedagogical technique. The means of pedagogical technique are verbal and non-verbal communications. Communication is one of the most important mechanisms that allow a person to navigate in his environment. It is impossible to imagine the life of a modern person without communication. Verbal communication is the sound language we are accustomed to, that is, communication through speech. Non-verbal communication - such means of communication as facial expressions, gestures, postures, touches, intonations, changes in the circumstances of communication - that is, those that are carried out without the use of words.

### **SOG'LOM OVQATLANISH-SALOMATLIK GAROVI**

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Sog'lom ovqatlanish yaxshi sog'liq va ovqatlanish uchun zarurdir. U sizni yurak kasalliklari, diabet va saraton kabi ko'plab surunkali yuqumli bo'lmagan kasalliklardan himoya qiladi. Turli xil ovqatlarni iste'mol qilish va kamroq tuz, shakar va to'yingan va sanoatda ishlab chiqarilgan trans-yog'larni iste'mol qilish sog'lom ovqatlanish uchun zarurdir. Sog'lom ovqatlanish turli xil ovqatlarning kombinatsiyasini o'z ichiga oladi. Bularga quyidagilar kiradi:

Yorma (bug'doy, arpa, javdar, makkajo'xori yoki guruch) yoki kraxmalli ildiz yoki ildiz (kartoshka, yam, taro yoki kassava) kabi asosiy mahsulotlar.