

## FEATURES AND PROSPECTS OF THE DEVELOPMENT OF CHILDREN'S NUTRITION IN THE PRESCHOOL INSTITUTION

**Imamova A.O.**

Tashkent Medical Academy

**Annotation:** Nutrition plays an essential role in ensuring human health and longevity. In this regard, it is very important to organize proper nutrition in childhood. And not only because during this period there are intensive processes of growth and development, but because there is a formation of taste priorities, habits in the process of eating, attitudes towards nutrition. It is in the preschool institution that it becomes necessary and possible to form a culture of nutrition, taste habits and food priorities.

**Key words:** Nutrition, growth and development. preschool educational institution. Technology.

**The purpose of our work** was to analyze the nutrition of children (from 3 to 7 years old) in a specific preschool institution of preschool educational institution No. 111.

**The tasks that were set were:** analysis of the menu of this preschool institution, a survey of children in order to find out their taste priorities, as well as a discussion of the data obtained. We took a specific preschool institution preschool educational institution No. 111, which uses two types of 10-day menus; menu for the winter-spring season; menu for the summer-autumn season. The season has a certain importance in organizing the nutrition of children, then when compiling the menu, it should be borne in mind that in the summer-autumn period the child is more spends some time outdoors, moves a lot. All this is accompanied more active course of metabolic processes, growth processes proceed more intensively, in connection with which the need for nutrients increases. That's why the body experiences an increased need for protein - the main plastic material for building cells and tissues, and the amount of fat and easily digestible carbohydrates are reduced.

In the winter-spring period, low air temperature prevails, which has a certain effect on the body of the child. First of all, it is increased heat transfer, that is, increased energy costs of the body, which entails the tension of all types of metabolism. In order to compensate increasing energy losses of the body, it is necessary first of all to increase the amount of fats and

carbohydrates, and then the protein component, which remains consistently high as the growth processes continue. With the help of a survey, we found that out of 100% of the children surveyed, 80% like to eat in a preschool institution, they are satisfied with: the environment, in where they are; dishes that are served for breakfast, lunch, afternoon tea and dinner; many children would like to receive foods such as chocolate, sweets, potato chips, chewing gum, in general, that grocery food that their parents feed them. Many children are categorical about soups, many do not like milk porridge, stewed cabbage. As the survey showed, Most kids love afternoon tea. This is due to the fact that for an afternoon snack they give loved not only by children, but also by adults, products. Namely: fruits (apples, bananas, oranges), cookies, waffles, buns with various fillings (raisins, cottage cheese, cheese) kefir, fruit juices. Interest was caused by the fact that children are very fond of bread and tea with lemon (request an addition). Everyone's attitude towards meat products is also different, someone really likes meat or fish cutlets, someone goulash, meatballs.

Most children, according to preschool workers, are poorly eat during breakfast and lunch. Due to the employment of parents with the main food become semi-finished products and fast food. For children the body, the consumption of such products is undesirable, since they contain a large amount of spices and salt, as well as preservatives. In the child's home menu

contains a lot of confectionery, carbonated drinks. Therefore, the food which is fed in preschool institutions, is not familiar to the child. which is less favorite breakfast. This is due to the fact that some parents, before taking the child in a preschool institution, they are fed breakfast, thereby interrupting the appetite. Most a high indicator is an afternoon snack (the reason was described above). Averages gave lunch and dinner - the reason is that in the lunch and dinner menu, there are such dishes, which the child does not like very much, namely soups, pancakes (especially from the liver), rice casseroles, milk porridge. If you consider in detail the presented menu of this preschool institutions, you can find in it dishes that are undesirable to give to children.

**For example:** beef stroganoff from the liver, pancakes from the liver. As a survey of children and employees, many children refuse lunch or dinner when the menu the liver is present, this can be seen from the presented data. Maybe, this is due to the specific taste and smell of liver dishes. The liver may contain a significant amount of harmful compounds, so use it for the nutrition of preschool children in large quantities is undesirable. But it is not advisable to completely exclude liver dishes from the diet, since they contain sufficient amounts of B vitamins, retinoids and calciferols in an easily digestible form, as well as a number of trace elements (iron, copper). The main thing is to find the right method of cooking technology from this product or replace dishes from meat and fish, which are not inferior to the liver in nutritional value. There are many cabbage dishes on the menu, on the one hand it's good, because like cabbage, is an indispensable source of ascorbic acid, it is rich in salts of potassium, phosphorus, iron (especially color and Brussels), it also there is a lot of fiber, which stimulates the movement of food along intestines. However, cabbage dishes, such as stewed cabbage, are different from other dishes lack a pronounced taste and has a rough texture.

And to make them tasty, you need to use a lot of spices, which can adversely affect the child's body, lead to the formation of always useful taste preferences. Such dishes can be replaced with stews. vegetable stew containing, in addition to cabbage, eggplant, sweet pepper, zucchini, onions, carrots or use in the form of vitamin salads, which can be will fill with sour cream, yogurt or vegetable oil. Rice dishes, as can be seen from the presented graphs, are not included in the category of children's favorite dishes. This is due to the fact that technology cooking these dishes, to make them tasty enough, should include a large amount of fat and spices, which is considered harmful for a child, therefore rice dishes are prepared with a limited amount of fat. Because of this they lose in taste and children do not eat them very willingly. It's good that the category of "favorite dishes" includes dishes from fish. But in the category of "unloved dishes", they are also present.

Apparently, it all depends on the technology of cooking fish and on the preferences of children: someone likes fried fish, someone in the form of minced fish with rice (meatballs). It is advisable to include seafood in the diet, because they have sufficiently high nutritional value, rich in well-digestible animal protein with a relatively low fat content, as well as mineral substances - calcium, potassium, magnesium, phosphorus, iron. Special biological seaweed has value, 100 g of which contains 970 mg of potassium, 170 mg magnesium, 16 mg iron, iodine. Therefore, seaweed must be included in the diet of the child, if not in the diet of preschool institutions, then in the home diet necessarily. We can recommend adding seaweed to vegetable salads (vitamin salad with seaweed). To compensate for the deficit iodine, instead of regular table salt, use iodized salt (for soups and second courses). Occasionally, you can give delicious varieties of fish, caviar, herring with variety of vegetable side dishes. Please note that these products contain a large amount of salt, which can cause irritation of

the mucous membranes of fish). It is advisable to include seafood in the diet, because they have sufficiently high nutritional value, rich in well-digestible animal protein with a relatively low fat content, as well as mineral substances - calcium, potassium, magnesium, phosphorus, iron. Special biological seaweed has value, 100 g of which contains 970 mg of potassium, 170 mg magnesium, 16 mg iron, iodine. Therefore, seaweed must be included in

the diet of the child, if not in the diet of preschool institutions, then in the home diet necessarily. We can recommend adding seaweed to vegetable salads (vitamin salad with seaweed). To compensate for the deficit iodine, instead of regular table salt, use iodized salt (for soups and second courses). Occasionally, you can give delicious varieties of fish, caviar, herring with variety of vegetable side dishes. Please note that these products contain a large amount of salt, which can cause irritation of the mucous gastrointestinal tract, as well as disrupt the formation of taste priorities. gastrointestinal tract, as well as disrupt the formation of taste priorities. It can be seen from the graphs that children are very fond of dairy products, and namely milk, kefir. Sometimes drinkable yogurts, casseroles based on cottage cheese, cottage cheese with sour cream, which children also like. And it's very good, so as complete milk proteins; fats are easily digested and contain especially essential fatty acids and other biologically active compounds (phosphatides, choline). Lactose, which is slower than sucrose splits and absorbed, stays longer in the intestines, serves as a good environment for the development of favorable microflora that prevents the growth of putrefactive pathogenic microorganisms. Dairy products are easily digested and absorbed by the body child. This is due to the fact that in the process of lactic acid fermentation, proteins denature, which facilitates their further digestion by enzymes gastrointestinal tract. A

characteristic feature of the choice of children is that the dishes they chosen, prepared in pureed or crushed form, namely various casseroles, meatballs, meatballs, salads.

**Conclusion.** Perhaps this is due to the imperfection of the dental system. In addition, grinding food allows more quickly get a taste sensation than solid food, which for this needs to be chewed for a long time. Based on this, the diet should introduce dishes, the cooking technology of which includes various types grinding products. For example, you can offer a soup with meat or fish meatballs, puree soups, including liver, which goes well with beans, legumes, vegetables; various meatballs, cutlets (vegetable, meat). Based on our analysis, we have compiled our menu taking into account all recommendations and in compliance with the norms of the physiological need for food substances and energy.

#### **Literature:**

1. Yuldasheva, F. U., and A. O. Imamova. "The role of sports in the formation of a healthy lifestyle among young people." *European International Journal of Multidisciplinary Research and Management Studies* 2.11 (2022): 85-89.
2. Imamova, Oqida. "Mehribonlik uylaridagi bolalar salomatligi holatining gigienik jihatlari". (2022).
3. Imamova, A. O., and L. O. Soliyeva. Hygienic assessment of children's health in the orphanage. Diss. «ОБРАЗОВАНИЕ И НАУКА В XXI ВЕКЕ» Xalqaro ilmiy jurnal, 2022.
4. Imamova, A. O., N. O. Ahmadaliev, and T. A. Bobomurotov. "Health states of children and ways to optimize the formation of the principles of a healthy lifestyle." (2022).
5. Imamova, A. O., G. O. Toshmatova, and R. Khobiljonova Sh. "Protecting works and hygienic assessment of

- nutrition of preschool children in Tashkent." (2023).
6. Хамдамов, Ш. Ж. (2022). БАРҚАРОР ИҚТИСОДИЙ РИВОЖЛАНИШНИНГ НАЗАРИЙ ЖИҲАТЛАРИ. *Экономика и образование*, 23(Maxsus\_son), 19-24.
  7. Khamdamov, S. J., Akramova, D., Kuranbaeva, S., Shamsieva, U., Musaeva, Y., & Kalandarova, S. (2022). *The role of vascular factors in Parkinson's disease and vascular parkinsonism* (Doctoral dissertation, Prague/Czech Republic).
  8. Ҳамдамов, Ш. Ж. (2021). ЎЗБЕКИСТОНДА ИНТЕНСИВ ИҚТИСОДИЙ ЎСИШ ОМИЛЛАРИНИНГ ЎЗАРО САЛМОҒИНИ АНИҚЛАШ. *Экономика и образование*, (5), 84-88.
  9. Matmurodov, R., Khalimova, K., & Abdukodirov, E. (2019). Cardiovascular disorders in parkinsonism depending on the form of the disease. *Journal of the Neurological Sciences*, 405, 198-199.
  10. Rakhimbaeva, G. S., & Akramova, D. T. (2020). Role of Increasing Levels of The Hormone Cortisol in Cognitive Impairment in Parkinson's Disease: Vascular Parkinsonism. *European Journal of Molecular & Clinical Medicine*, 7(6).
  11. Akramova, D. (2017). Dependence of the indicators of cognitive potential of p300 to the forms of epilepsy. *Journal of the Neurological Sciences*, 381, 333.
  12. Khamdamov, S. J., Akramova, D., Kuranbaeva, S., Shamsieva, U., Musaeva, Y., & Kalandarova, S. (2022). *The role of vascular factors in Parkinson's disease and vascular parkinsonism* (Doctoral dissertation, Prague/Czech Republic).
  13. Matmurodov, R., Khalimova, K., & Abdukodirov, E. (2019). Cardiovascular disorders in parkinsonism depending on the form of the disease. *Journal of the Neurological Sciences*, 405, 198-199.
  14. Akramova, D., Rakhimbayeva, G., & Narzikulova, M. (2018, January). Clinical research-lipid spectrum of blood serum at ischemic stroke against the methabolic syndrome. In *CEREBROVASCULAR DISEASES* (Vol. 45, pp. 376-376). ALLSCHWILERSTRASSE 10, CH-4009 BASEL, SWITZERLAND: KARGER.
  15. Халимова, Х. М., Рашидова, Н. С., & Холмуратова, Б. Н. (2021). ГЕНДЕРНАЯ ХАРАКТЕРИСТИКА И ОСОБЕННОСТИ ТЕЧЕНИЯ ПЕРВИЧНЫХ ГОЛОВНЫХ БОЛЕЙ. *ЖУРНАЛ БИОМЕДИЦИНЫ И ПРАКТИКИ*, 6(1).
  16. Rashidova, N., Khalimova, K., Rakhimbaeva, G., & Holmuratova, B. (2018, December). Comparative Characteristic of Glial Fibrillary Acidic Protein in Women with Genuine and Idiopathic Epilepsy. In *EPILEPSIA* (Vol. 59, pp. S88-S89). 111 RIVER ST, NOVOKEN 07030-5774, NJ USA: WILEY.
  17. Халимова, Х. М., Рашидова, Н. С., & Холмуратова, Б. Н. (2021). ГЕНДЕРНАЯ ХАРАКТЕРИСТИКА И ОСОБЕННОСТИ ТЕЧЕНИЯ ПЕРВИЧНЫХ ГОЛОВНЫХ БОЛЕЙ. *ЖУРНАЛ БИОМЕДИЦИНЫ И ПРАКТИКИ*, 6(1).
  18. Халимова, Х. М., Рашидова, Н. С., & Холмуратова, Б. Н. (2021). ГЕНДЕРНАЯ ХАРАКТЕРИСТИКА И ОСОБЕННОСТИ ТЕЧЕНИЯ ПЕРВИЧНЫХ ГОЛОВНЫХ

- БОЛЕЙ. *ЖУРНАЛ*  
*БИОМЕДИЦИНЫ* *И*  
*ПРАКТИКИ*, 6(1).
19. Муродов, М. М., & Чулиев, Л. Э. (2021, October). Турли Объектлар Асосида, Яъни Пахта Тозалаш Корхоналарининг Толали Чиқиндилари Ва Павлония Ҳамда Банан Целлюлозаларидан Е-466 Олиш Технологияси Ва Унинг Физик-Кимёвий, Механик-Структуравий Хоссалари. In " *ONLINE-CONFERENCES*" *PLATFORM* (pp. 316-320).
20. Murodov, M. M., Yusupova, N. F., Urabjanova, S. I., Turdibaeva, N., & Siddikov, M. A. (2021). Obtaining a Pac From the Cellulose of Plants of Sunflower, Safflower and Waste From the Textile Industry. *European Journal of Humanities and Educational Advancements*, 2(1), 13-15.
21. Xolmatov, B. X. (2023). MARKAZIY OSIYODA "XALQ DIPLOMATIYASI" NING RIVOJLANISH TENDENSIYALARI. *Oriental renaissance: Innovative, educational, natural and social sciences*, 3(1), 865-874.
22. Samadov, A. U., Nosirov, N. I., & Umirzoqov, A. A. (2022). OVERVIEW OF THE CONCEPTS OF GOLD RECOVERY FROM STALE TAILINGS OF A GOLD RECOVERY PLANT. *BARQARORLIK VA YETAKCHI TADQIQOTLAR ONLAYN ILMIY JURNALI*, 2(1), 3-8.
23. Nasirov, U., Umirzoqov, A., & Fathiddinov, A. (2021). ANALYSIS OF THE MODERN DEVELOPMENT OF MINING AND PROCESSING COMPLEXES IN UZBEKISTAN. *Збірник наукових праць ЛОГОΣ*.
24. Usmanovich, S. A., Ikhtiyorovich, N. N., & Abdurashidovich, U. A. (2022). Processing of Layout Tails of Gold-Extracting Plants. *Central Asian Journal of Theoretical and Applied Science*, 3(1), 7-13.
25. Murodov, M. M., Yusupova, N. F., Urabjanova, S. I., Turdibaeva, N., & Siddikov, M. A. (2021). Obtaining a Pac From the Cellulose of Plants of Sunflower, Safflower and Waste From the Textile Industry. *European Journal of Humanities and Educational Advancements*, 2(1), 13-15.
26. Муродов, М. М., & Чулиев, Л. Э. (2021, October). Турли Объектлар Асосида, Яъни Пахта Тозалаш Корхоналарининг Толали Чиқиндилари Ва Павлония Ҳамда Банан Целлюлозаларидан Е-466 Олиш Технологияси Ва Унинг Физик-Кимёвий, Механик-Структуравий Хоссалари. In " *ONLINE-CONFERENCES*" *PLATFORM* (pp. 316-320).