

HYGIENIC ASSESSMENT OF NUTRITION OF PRESCHOOL CHILDREN IN KINDERGARTENS

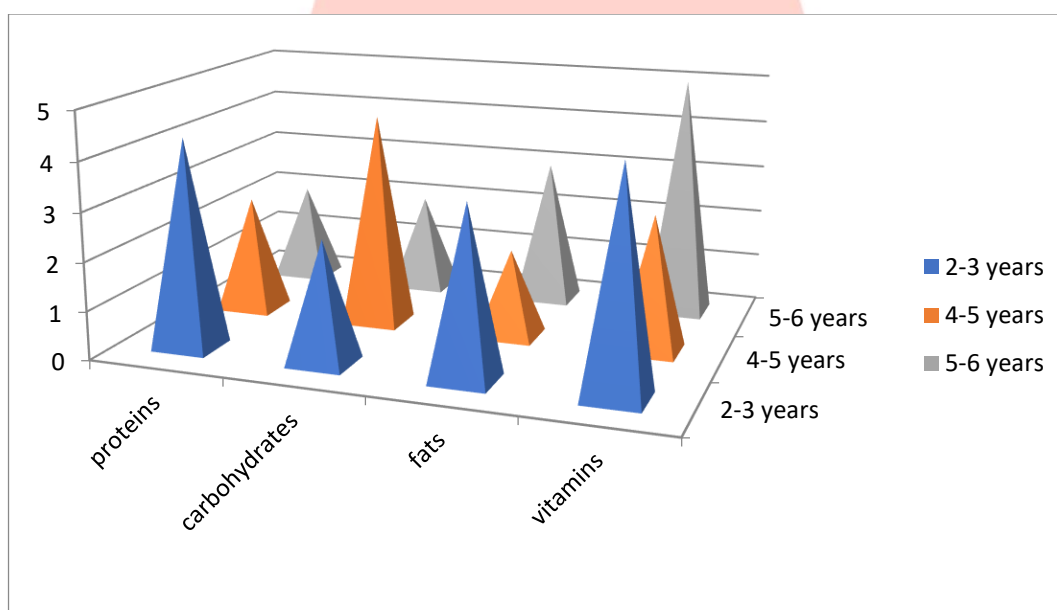
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Annotation. The article presents data on the hygienic assessment of the nutrition of preschool children in kindergartens. Physiological features of preschool children are characterized by the continuing high rate of growth, intensive motor activity, structural and functional restructuring of individual organs, including digestive system, further development of the intellectual sphere. In this regard, the need for children of this age in the main food and energy is significantly increased compared to the children of the early age.

Key words: hygienic assessment, nutrition of children, preschool age, kindergarten.

In this case, the daily need for energy should be satisfied with the carbohydrates of 55-60%, due to proteins - by 12-14%, fats - by 25-35%. To meet these needs, the child should receive the required number of different products in a certain ratio. At the same time, the ratio of proteins, fats and carbohydrates should be 1: 1: 4.

The protein component of the food diet is formed, first of all, due to products that are the main sources of proteins, among which include milk and dairy products, meat and meat products, fish and fish products, eggs. The daily amount of milk and dairy products should be about 500 ml, and preference is given to sour-milk products. Keep creating cottage and cheese containing not only a full protein, but also the main sources of calcium and vitamin B2 (Riboflavin). The recommended amount of meat (including the perfume) is 100 g per day, fish - 50 g. In the dash ducts, the offspring (heart, language, liver), rich in iron, vitamin A, vitamin B12 and folic acid. The fat component of the diet is usually formed from creamy and vegetable oils, the daily amount of which is, about, 25 and 8-10 g, respectively.



Vegetable oil is necessary as a source of polyunsaturated fatty acids, which are not synthesized in the body, and entering only with food. Vegetable oils also contain vitamin E - the main natural antioxidant. The main sources of carbohydrates are cereals, pasta and bakery products, sugar and confectionery, vegetables and fruits. The recommended amount of potatoes is 150-200 g, and vegetables - 250-300 g per day, and in a variety of assortment (cabbage, beet, carrots, zucchini, pumpkin, tomatoes, cucumbers, different greens).

Fruit (150-200 g per day) can be used by the most - from apples to tropical mango and avocado. In addition, juices, dry and fast-frozen fruits and vegetables can be used. Cereals are used to prepare cas, soups, garnits, puddings, casseroles, etc. The number of it should be about 40-45 g per day. In the diet, you can also use beans, peas that can be in the composition of soups, and green peas - as a garnish and in salads. The daily amount of bread is 150-170 g, 1/3 of which is worth the bread.

The amount of sugar should be 40-50 g, confectionery products - 20-40 g. Sweets is better to use honey (taking into account individual tolerability), jams, jam, marshmallow, pastile, marmalade. In the correct organization of children's preschool children, the necessary volumes of dishes are of great importance. At this age, the total number of food is about 1500.

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