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Hygiene assessment of food of school children

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Annotation. Among the various factors that have a permanent effect on the growing organism and its health, the most important role belongs to proper nutrition. Rational nutrition is one of the necessary conditions for human physical and mental development, resistance to infectious diseases and other adverse environmental factors. Official statistical data and results of scientific studies have revealed that the health of school-aged children has deteriorated over the past ten years. In our study, we conducted a questionnaire survey among school students and their parents to study the nutrition of school students. All students who participated in the survey eat dinner at home, it was found that traditionally high-calorie foods are eaten at dinner time.

Key words: school, children and adolescents, proper nutrition of children and adolescents

Results and discussion of the conducted research. The research was conducted on the basis of a questionnaire from children and adolescents studying in general education schools No. 249 and No. 29 of Tashkent, as well as their parents. According to the results of the research, when studying three meals of schoolchildren, in both schools, it was found that elementary school students followed the meal plan more than senior school students. That is, 91.7% of 1-5th grade students of 249 schools, 59% of 6th-11th grade students, 92.4% of 1-5th grade students of 29 schools, and 63% of 6th-11th grade students eat three meals a day. It was found that since elementary school students are small, adults are responsible for following them and bringing them to school, parents are always in front of them, and they eat three meals a day. Basically, elementary school students of both schools eat 3 meals at home, and have a second breakfast (buns, cookies, fruits or sweets) during the long break at school. 44.3% of 249 schoolchildren and 46.5% of 29 schoolchildren come to school without breakfast. All students who participated in

the survey eat dinner at home, it was found that traditionally high-calorie foods are eaten at dinner time.

Summary. In conclusion, it was found that in the upper classes of both schools where the research was conducted, students do not eat 3 meals a day. It was found that the diet of schoolchildren in both groups was not diverse, and they consumed less products rich in necessary vitamins and minerals. Regular malnourishment causes mental and physical weakness in the child's body, susceptibility to infectious diseases.

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