

STUDY OF NUTRITION OF HIGH SCHOOL STUDENTS IN GENERAL EDUCATION SCHOOLS

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Each period of human growth and development is characterized by certain features, specific physiological and metabolic processes. However, rational nutrition is considered by many researchers as a fundamental factor in adequate physical, mental and psychological, but also social health of a person. Thus, the health of students, their growth and development, early prevention of chronic diseases creates a certain guarantee of the socio-economic well-being of the country in the future. This determines the extraordinary importance and relevance of solving problems related to the formation of a diet.

Rational nutrition is a physiologically complete diet of healthy people taking into account their gender, age, nature of work, climate and other factors. In addition, this is nutrition that ensures the growth, normal development and life of a person, contributing to the improvement of his health and disease prevention.

Providing schoolchildren with good nutrition is one of the most pressing problems of protecting the health of the younger generation. High-quality and balanced nutrition largely determines the health and development of the child. Particular attention is required to the organization of nutrition for children in school educational institutions.

Purpose. Study of actual nutrition of senior schoolchildren of comprehensive schools.

Materials and methods. 150 senior schoolchildren of Tashkent city (87 boys and 63 girls) took part in the survey. The number of questions and their content for each of the subjects was the same.

Results and discussion. The overwhelming majority of senior schoolchildren in Tashkent have 3 meals a day (72.4% among schoolboys and 80.6% among schoolgirls); among schoolboys, 84.5% eat at home and in the school canteen, 15.5% - only at home, and among schoolgirls, the figures were 52.0% and 10.4%, respectively; 14.7% of girls bring food from home. Breaks in meal times longer than 5-6 hours were noted by 72.7% of surveyed schoolboys and 62.9% of schoolgirls; more than half of schoolboys indicated having a late dinner (2 hours or less before bedtime) - 45% and 42.3% of schoolgirls. Schoolchildren in Tashkent have irregular meals: 20% of male and 21.1% of female schoolchildren reported lack

of regular meals; 68.6% of male and 70.2% of female schoolchildren receive hot meals 2 times a day or more often. Lack of hot meals was found in 5.7% of male and 6.3% of female schoolchildren. Frequent consumption of spicy, salty and smoked foods was reported by 51.8% of male and 40.6% of female schoolchildren. Fresh vegetables and fruits are received daily by 42.9% of male schoolchildren, 2-3 times a week by 44.1%; female schoolchildren – 70.4% and 22.2%, respectively.

Daily consumption of fast food comprehensive school and school with a mathematical focus - 85% (75%); carbonated drinks - 76% (72%); daily consumption of chips (crackers, kirieshki, etc.) - 71% (67%); sweets - 65% (63%).

Daily consumption of milk and dairy products was noted by 54.8% of schoolboys and 60.7% of schoolgirls in Tashkent. At least once a day, 40.0% of schoolboys and 28.9% of schoolgirls eat meat and meat products. 1-2 times a week, 4.9% of boys and 12.8% of girls in Tashkent eat meat. 3.6% of boys and 4.6% of girls do not eat meat products at all.

Conclusion. Some schoolchildren do not have a balanced diet as an important element of a healthy lifestyle. Failure to adhere to the diet, late dinners, insufficient number of meals, including hot ones, long breaks, and improper food preferences were identified.

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