



Promoting Healthy Nutrition in Preschool Educational Institutions

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This article discusses the rules of proper nutrition in preschool education organizations, the main tasks of organizing healthy nutrition, and the requirements for creating menus.

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The main wealth of any nation is the health of children. Protecting the health of our children is equal to protecting the future of the nation. Children's health plays an important role in the development of a well-rounded person. The strong health formed at this stage of life will accompany us until the end of our life. It is known from our history that our grandfathers paid great attention to the proper development of the child in all aspects. Since time immemorial, most of our ancestors understood well that they could not survive physically and mentally without acquiring certain special knowledge. It is necessary to emphasize the views of great scholars such as A. Temur, Beruni, Farabi, Ibn Sina, Najmuddin Kubra, among our grandfathers.

In his works, the great scientist approaches the problems of education not only as a healer, but also as a famous pedagogue. Abu Ali in his book "Medical Laws" thoroughly examines the issues of physical education of the child. It focuses on such important aspects as feeding, baptizing, and sleeping children. - Gulistan: University, 2014 6 points out. Especially for the child, it shows the absolute necessity of fresh air, sun, water and exercise. At the same time, the scientist shows that it is necessary to take into account the anatomical

and physiological characteristics of the child.

The purpose of organizing healthy meals in pre-school educational organizations is to ensure the healthy and well-being of children, to prepare high-quality food in kitchens, to create conditions for eating food in accordance with hygienic requirements.

The following are the main tasks of organizing healthy meals in preschool educational institutions:

- ❖ organization of feeding of children in accordance with established sanitary rules, norms and hygiene regulations;
- ❖ providing pupils with quality food products;
- ❖ guarantee the safety and quality of food products and meals;
- ❖ preventing the spread of infectious diseases related to feeding in foster children;
- ❖ formation of healthy eating skills among students;
- ❖ strict adherence to sanitary rules, norms and hygiene regulations in preparation of food, reception and storage of food products.

The following are the main requirements for the organization of healthy meals in preschool educational institutions:

organization of healthy nutrition of pupils directly by preschool education organizations in cases where outsourcing enterprises are not involved;

- organization of healthy feeding of children with strict adherence to sanitary-hygiene measures and anti-epidemic measures;
- compliance of technology and equipment safety rules by chefs during food preparation;
- creation of necessary conditions for food preparation, quality reception and storage of food products;
- taking measures to ensure full delivery and consumption of products in accordance with the schedule;
- retraining of cooks every three years, employment without a medical certificate.

The relevant district or city mayors, heads of district or city pre-school education departments, and directors of pre-school education organizations are responsible for organizing healthy meals for students. Daily menus are drawn up and approved by the Ministry of Pre-School Education and agreed with the sanitary-epidemiological peace and public health service. The menu is drawn up based on the number of students on the current day. The menu is drawn up for the next working day by the nurse with the participation of the cook of the pre-school education organization and the head of the farm. until the end of the day. The menu is drawn up in two copies, taking out the average amount of food consumed per day and their value for each pupil, in proportion to the number of pupils the day before. If there are 10 or more children than the stipulated number of students, based on the notification of the group teachers about the number of students, a document is drawn up on the amendment of the menu, and the products are returned to the warehouse in the order

specified in the sanitary norms, rules and hygiene regulations. correctness is confirmed by the signature of the nurse and the director of the preschool education organization. Also, one copy of the meal plan is given to the nurse, and the second copy is given to the kitchen for use. The types of food prepared daily and the amount of food per child are recorded in a special food distribution place. Meals for students are prepared, stored and distributed in accordance with the rules of food technology.

Proper nutrition and adequate sleep are also important for maintaining health. However, it should not be forgotten that when eating more than the norm, part of it is not broken down in the body, and it causes the danger of causing various diseases. Physical training or exercise does not allow this to happen.

The main requirement for proper feeding of children of preschool age is, first of all, to fully ensure the growth and development of the developing child's body. In the formation of the diet of children's food, the main food products, that is, oxygens, fats and carbohydrates, should be in the right proportion to each other in the composition of the food. When these substances are present in food in sufficient and necessary quantities, the body's need for food products and biological compounds will be fully satisfied. Proper organization of children's meals is one of the main tasks of the leaders and responsible employees of children's organizations.

In the organization of children's food, first of all, it is the correct inclusion of food products specified in the daily norms into the diet. For this, first of all, it is necessary to include in the daily diet basic food products that satisfy the physiological needs of the child's body, are rich in nutrients, and have high energy, such products include meat, meat products (including poultry), fish and eggs (source of oxygen, fat, A, V12, minerals, minerals, iron, etc.), milk and milk products (source of oxygen, calcium, A, V2), butter and vegetable oil (fatty acid, A and e a source of vitamins), bread and bakery products, cereal and pasta products (9 carbohydrates, V1, V2,

RR vitamins, iron, magnesium source, vegetables and fruits (source of S, R vitamins, beta-carotene, potassium, and organic acids) and sugar and confectionery products are included. Proper organization of feeding is very important for the children of the group to be cheerful and in a good mood. When feeding children, there are enough dishes and convenient conditions are created for them to sit around the table. and when distributing food, it should be decorated with taste and not too hot or cold. Children should be taught to pay attention to cleanliness and tidiness around the table. Also, when children sit around the table to eat, they should not wait for food to be placed or for another to be served after eating one.

Feeding children in preschool education organization and in family conditions should be carried out in accordance with each other. For this, it is necessary to try to fill the food ration in the kindergarten at home. In the organization, the weekly menu is planned by the nurse for breakfast, lunch, and dinner in preschool educational institutions where groups of 9-10.5 hours work. At the same time, in accordance with the weekly menu, it is advisable to draw up a separate weekly menu as a recommendation for dinner and hang it in the parents' corner. Also, parents can familiarize themselves with the food and products included in the daily menu in the kindergarten and organize dinner accordingly. it can also be done by giving suggestions and recommendations on what kind of food to serve.

It is intended to protect the health of growing children and ensure their development in an exemplary manner by properly organizing children's nutrition. The diet is properly organized only when the main nutrients, i.e. protein, fat and carbohydrates are in the right proportion to each other in the food. When these substances are present in food in sufficient and necessary quantities, the body's need for food products and biological compounds is fully satisfied. Proper nutrition of children is one of the main tasks of doctors and nurses. They make a rough plan of daily and weekly menus, and the chefs prepare

meals for the children based on this. A doctor or nurse must know the technology necessary for baby food. According to him, food preparation technology and medical standards must be compatible with each other. If the foods included in the menu are shown on the basis of special recipes or prepared as specified, and the recommended menu in this order corresponds to the established medical standards for children, their health will be ensured. If the amount of 1-day food for 1 child decreases or increases, the medical norm is violated. The technology of food preparation should be carried out on the basis of a strict order. For example, the technology of brewing tea, this process seems simple, but has its own complexities. The cooking technology is the same. Therefore, determining both the medical and technological standards of one day's food for a child puts a great responsibility on the nurse (and in some cases, the doctor). The convenience of pre-composed menus is that food products that need to be consumed can be calculated in advance and delivered to the organization on time. The head of the organization, the chief accountant, the warehouse manager, the chief cook and the nurse take part in drawing up the weekly menu. The chief accountant arranges a contract with the necessary agencies, and the warehouse manager provides information about the products in the organization's stock. The nurse prepares a menu accordingly and presents it to the chef. The head of the organization controls this process. It is important to include food products specified in the daily norms in the diet of preschool children. Because if the child's body is provided with basic nutrients through these products, it will be resistant to the external environment, especially its resistance to infectious diseases and physical and mental work capacity will increase. After all, depending on the age of the child, his need for nutrients is satisfied. From this 33 point of view, the chemical composition and caloric content of the products in the menu are of particular importance. The recipe is drawn up in two copies and given to the cooks after being approved by the head of the organization and

the nurse. There are a number of advantages to working with weekly menus in preschools. In particular, the level of full supply of food products rich in vitamins, minerals and calories will be improved. In addition, when this menu is prepared by a specialist with knowledge and experience in the organization of meals, it is ensured that the rules of food preparation and sanitary hygiene are followed.

Reminders for the responsible persons who draw up the menu should be posted in every preschool educational organization. It includes the correct structure of daily menus based on medical standards, the amount of food for one person, the daily consumption of products for one child is determined separately for kindergarten and young age groups, attention is paid to the variety of dishes, food products are included in the menu. must be shown. In addition, there is a warehouse notebook, it must be stitched, paged, and signed by the head of the organization. In it, a separate page is opened for each product, input and output are made and balances are shown. Information about the quality and taste of the food, daily tests and whether the food is allowed to be distributed for consumption is recorded in the braking book in the prescribed manner. It is kept separately for raw and finished products. As a normative document, a register of perishable products is kept. In this notebook, the date of manufacture and acceptance of perishable products and the last storage period are determined. Taking this into account, the imported and last storage periods are recorded by date and time. What foods are strictly prohibited for children? Care must be taken when creating a children's diet. Their organism is sensitive, and if one child gets sick, it can quickly infect another. Taking this into account, first of all, in order to prevent the origin and spread of infectious diseases, food products and raw materials that do not have a document guaranteeing the safety and quality of children's food; products that have expired and are of poor quality; all types of meat products that have not passed veterinary inspection, including beef, fish, poultry; meat of wild animals; meat and eggs of poultry swimming in water; cracked, runny, shell

contaminated eggs, as well as eggs taken from households; products in tin cans that are swollen, hermetically sealed, without labels and with rust on their lids; groats, flour, dry fruits and other products contaminated with various impurities, damaged by warehouse pests; moldy, rotten vegetables and fruits; cream and cream confectionery (cake, cake); roulette and liver sausages made from meat products; cottage cheese, cottage cheese and sour cream made from unpasteurized milk; mushrooms and products made from them, mushroom broth and concentrate; cold drinks without heat treatment (mors, kvass, etc.); okroshka and chilled soups; pasta (with minced meat), crushed egg with pasta; one-sided undercooked eggs; It is forbidden to use pancakes with meat and cottage cheese and take them to the organization.

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