

## A Modern Assessment of the Nutrition of Children Living in Environmentally Unfavourable Conditions in Uzbekistan

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### Abstract

The research was conducted in order to learn and assess hygienically the condition of actual nourishment of examined children. It was found out that, daily food of the children consists of more vegetable than necessary, and meat products are less. Protein and animal fat shortage and abundance of carbohydrate caused the disbalanced of chemical composition of food of the children. Calorie content of the food is increased by the high amount of carbohydrate. Nourishment of the children and composition of food do not meet the hygienic demands and regulations must be established.

**Keywords:** Actual Nourishment; Preschool Age; Dietary Intake

### Annotation

The studies were conducted to examine and assess the actual nutritional status of the children surveyed. The nutritional composition of children's diets is unbalanced due to the lack of proteins and fats of the animal in the face of excess carbohydrate component.

Nutrition is one of the dominant factors of the external environment, providing vital functions of the growing body. The study and appropriate hygienic and physiological assessment of the actual diet of individual sex and occupational groups and the resulting materials are undoubtedly important in improving the structure and rational management of nutrition, as well as in optimizing the social situation of the population. For, the indicators of factual nutrition make it possible to more realistically and purposefully navigate the nutritional status of people in collectives, and sometimes in the given area (or settlement) and develop scientifically-based, recommended values of physiological needs of the body instruments and energy. This provision is especially important for the regulation of child support for children of certain age groups. The

importance of this issue is particularly positive in the context of a tense environmental situation, when there are complex problems not only on the scale of the environment, but also in the vital sphere of the population. On the other hand, the important criteria for assessing nutrition in children's institutions are the physical status, i.e. the factor of nutrition and physical development closely interconnected, determine each other.

### Objects and Research Methods

The research subjects were children's pre-schools in khorezm region. The actual nutrition of children was determined by the common questionnaires using special questionnaires.

### The Results of the Research

A study of the structure of nutrition in the children's institutions surveyed shows that the highest proportion of nutrition is occupied by plant-based products.

The total amount of proteins in visual diets was almost sufficient for 3-5 year olds and lower consumption rates for children

6-7 years of age: 58.8-72.63 g (norm 53.0-77.0 g), including animal proteins 26.4-33.1g - respectively.

The fat content in the daily allowance was in the range of 57.3-73.1 g (norm 53.0-79.0g). Total number of coal-drivers in the diet ranged from 239.5-429.7g (norm 212.0-0-2 To cover daily energy in children 3-7 years of age, the caloric content should be within 1540.0-2350.0 kcal. that daily calorie intake for preschool children fluctuated between 1619.0-2475.2 kcal. The significant amount of vegetable oil (65% more), rice (2-3 times), wheat flour (5-6 times), white bread (2-3 times), vegetables (2-3 times) are under increased. In particular, the daily diet contains a deficiency of animal proteins at - 13.5%, excess vegetable oils by 65%, carbohydrates - 38% (especially in the winter - weight period).

When comparing the proportion of proteins, fats and carbohydrates in the actual diet with the recommended physiological magicides, it was found that the daily amount of caloric intake in the diet of proteins was: proteins - 11.0%, fats - 24.5%, ug levoda -64.6%. Ratio proteins, fats and carbohydrates in the studied diets - 1:0.5:4.7 instead of physiologicalorma 1.0:1.0:4.0.

Minerals play a greater role in the growth and development of children. The amount of phosphorus - in the definitions 676.7-1253.4 mg, which is noticeably less than the norm (norm 1500 mg). Vitamin C - 35.4-65.4 mg (norm 45.0- 60.0); vitamin B - 0.61-1.24 mg (norm 0.8-1.0 mg).

Analysis of daily food intake revealed a shortage of fruit and food; Carrots, potatoes and onions are in the ace of the vegetable variety; virtually no beetroot and cabbage. At the same time there is an excess of cereals and pasta. Little is used cottage cheese, cheese, egg and fish. Thus, the nutritional composition of children's diets is imbalanced due to the deficiency of protein fats of animal-eating deania and excess carbohydrate component, which contributes to some overestimation of the loria of daily nutrition; insufficient mineral content has been detected [1-4].

## Conclusions

- The actual set of food products does not fully meet the needs of children 4-7 years old: it contains more than the norm contained halleb, poppy-grained foods, potatoes and less - eggs, cottage cheese, etc.

- The nutrient composition of the diet is characterized by an underestimation of the total amount of proteins and fats, including animal origin; less basic m non-personal.
- Children's diet is unsatisfactory with hygiene requirements and needs to be corrected.

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