

The Role and Importance of the Nutritional Factor in Maintaining and Strengthening the Health of Children and Adolescents

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Abstract

This article is devoted to topical aspects of healthy nutrition of children and adolescents. The article highlights the main problems of children's nutrition, which play an essential role in maintaining and strengthening the health of children and adolescents. Among the many diverse factors that constantly affect the growing body and its health, nutrition plays an important role. Nutrition affects the further development of the child and his state of health not only at school age, but also in adulthood.

Keywords: healthy nutrition, social factors, prevention, healthy lifestyle, diseases.

INTRODUCTION

The nutritional factor plays an important role not only in the prevention, but also in the treatment of many diseases. Specially organized nutrition, the so-called therapeutic nutrition is a prerequisite for the treatment of many diseases, including metabolic and gastrointestinal.

Medicinal substances of synthetic origin, unlike food substances, are foreign to the body. Many of them can cause adverse reactions, for example, allergies, so when treating patients, preference should be given to the nutritional factor.

In products, many biologically active substances are found in equal, and sometimes in higher concentrations than in the medicines used. That is why since ancient times many products, primarily vegetables, fruits, seeds, herbs, have been used in the treatment of various diseases.

Rational, full-fledged nutrition in quantitative and qualitative terms ensures optimal development of the human body, its physical and mental performance, endurance and broad adaptive capabilities. It is known that proper nutrition has a beneficial effect on the immunobiological status of the body and increases its resistance to infectious, toxic and harmful physical factors. The main purpose of prevention is to eliminate the causes of the occurrence and development of diseases, as well as to create conditions for increasing the body's resistance to the effects of adverse environmental factors. The

diet of a modern person should be balanced not only in terms of the main indicators of proteins, fats, carbohydrates and vitamins, but also minerals (calcium and fluoride are especially important for teeth).

To maintain the normal flow of energy, plastic and catalytic processes, the body requires a certain amount of various nutrients. The metabolism in the body, the structure and functions of cells, tissues, organs depend on the nature of nutrition.

Health and nutrition are closely interrelated. Substances entering the body with food affect our mental state, emotions and physical health. Our physical activity or passivity, cheerfulness or depression largely depends on the quality of nutrition.

In order to study the impact of rational nutrition on the health of children and adolescents, we conducted a survey of 184 children of both sexes of the Samarkand region aged 10 to 15 years.

The questionnaire included questions concerning the participants' diet, the causes of diseases, prevention issues, and analyzed the nature of children's nutrition, their orientation in rationality and balanced nutrition. This made it possible to indirectly assess the state of somatic health, reactivity of the body, children's knowledge of issues related to the preservation of health. The state of health of school-age children is influenced by a complex of risk factors that determine, on the one hand, the formation of prerequisites for non—physiological development of the maxillofacial region, on the other - low reactivity of the body with a high probability of attachment of allergic, infectious components, metabolic disorders. It is known that one of the many reasons for the deterioration of children's health is an unbalanced diet, as a result of which the body receives insufficient vitamins, minerals, essential amino acids. The factor of rational nutrition of children is considered as one of the main factors in the formation of a healthy person, as well as preventive in the prevention of a number of diseases.

Questioning schoolchildren about the system of home and school meals, allows you to get an idea of the nature of the nutrition of a modern student. Several important conclusions should be noted from the analysis of the questionnaires.

48% of teenagers adhere to 3 meals a day, 36% have 4 meals a day, but only 57% of the surveyed schoolchildren have breakfast daily. About 75% of students have dinner on time (2 hours before bedtime), 22% do it before bedtime, which, along with an irregular breakfast, is a violation of the diet.

9.4% of children eat porridge for breakfast every day, about 50% do it extremely rarely, and 42% have a sandwich for breakfast. 37.7% of 8th graders eat fried and fatty foods every day, 78% regularly eat white bread, rolls and cookies, and fruits – only 60%. Almost 30% of the surveyed schoolchildren eat fast food once a week, about 60% occasionally allow themselves such food and soda, which is undoubtedly harmful to health. Perhaps that is why only 62.3% of respondents consider themselves healthy, and 31.2% of students find it difficult to assess their health as good.

47.6% of schoolchildren include milk and fermented milk products in their daily home diet. Regarding the consumption of dairy products, the survey indicates that 15.7% of children do not drink milk at all for various reasons. Dairy products such as sour cream, cottage cheese, cheese are consumed by children in most cases irregularly and in small quantities.

The organization of nutrition of adolescents has its own characteristics associated with the changes occurring in the body that are characteristic of this age: intensive growth and development, radical hormonal restructuring, increased stress in the psycho-emotional sphere. Often the life of a modern teenager deviates from "normal conditions", and he has additional tasks and loads, in particular, sports or mental.

According to our survey, 56.2% of children often and randomly consume sweets, cookies, and other confectionery products outside of the main meal. Taking sweets at the end of a meal and between main meals is harmful by excessive saturation of the body with carbohydrates.

The results of the survey showed that children are not oriented in terms of balance, rationality and adequacy of nutrition. What foods should I give preference to in terms of preserving my health? As a result of the analysis of the questionnaires, it was found that half of the respondents (50.4%) have meat and fish in their diet, every third (30.7%) uses flour and cereal dishes, dairy dishes predominate in the diet of 13.4% of respondents, and only 5.5% have fruits and raw vegetables. When asked how often you use dessert in the form of buns, cookies, sweets, cakes, 71.4% answered "rarely", 15.9% use dessert once a day, 3.8% use dessert 2-3 times a day and only 8.8% never use dessert. 0.8% of children consume sweet carbonated drinks every day, 9.6% 1 time a week, every fourth person uses 2-3 times a week (25.6%), the majority of respondents rarely use (62.6%) and only 1.3% do not use at all. Every third student (30.7%) drinks tea without sugar, tea with 1 spoonful of sugar is consumed by 22.7%, 41.2% drink tea with 2-3 tablespoons of sugar and 3-4 tablespoons of sugar are consumed with tea by 5.5%.

A similar situation can be traced in the analysis of children's consumption of fish and fish products. Only 23.6% of children use this product sufficiently, the rest occasionally. Fish products are known to be rich in phosphorus, which affects the level of calcium assimilation in the body. Therefore, insufficient intake of calcium salts into the body, a low level of its absorption with a deficiency of phosphorus can negatively affect the degree of mineralization of the bone skeleton, jaws, hard tissues of the tooth. According to the results of the study, it can be concluded that sanitary and hygienic knowledge of school-age children, their insufficient medical activity in relation to health preservation, insufficient work of doctors on hygienic education and sanitary education of children and adolescents on the prevention of all diseases is carried out. Prevention and timely treatment will help to keep the child's body healthy.

In conclusion, it should be noted that the importance of proper hygienic education of children from an early age is enormous, since individual hygiene skills are among those that are best learned in early childhood.

In order to form a positive and rational attitude to the child's diet and preserve his health, an integrated approach is necessary. The fundamental event at the center of all work on the prevention of major diseases is a healthy lifestyle, which is a positive interaction of social and medical measures. In a healthy lifestyle, the relationship between etiologic and pathogenetic prevention is concentrated, since it simultaneously affects both the reduction of the effect of adverse factors on the child's body and the increase in the resistance (resistance) of the body and to the action of the external environment.

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