

VALEOLOGICAL BASIS OF NUTRITION

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Abstract:

The article talks about the valeological basis of nutrition.

Keywords: Catering enterprises, market situation, industrialization of catering, technology, product decoration, semi-finished products

P. Pavlov describes the impact of physical activity on human health as a manifestation of the close connection of the organism with the external environment. The central nervous system controls this connection and the activity of biological organs. Physical training does not affect one or another group of muscles, but has an effect on the organism as a whole. In particular, continuous physical activity has a good effect on human health. Metabolism improves, body tissues better absorb nutrients, and decomposed substances are removed from the body faster. The heart is trained and becomes more resistant. Because of this, people who are physically active become mentally active, energetic, cheerful and cheerful. As a result of performing physical exercises, the body's defenses are well developed. Exercise that begins in childhood and adolescence is especially beneficial. It is necessary to cultivate the habit of following a solid regime in everyone. Participating in physical education, walking in clean grass, participating in sports are factors that ensure longevity and health. Every person should get used to regularly, to a certain extent, to perform physical activities corresponding to physical ability. In addition, in our hot climate, it is more appropriate to train the body with non-traditional methods than traditional methods. That is, various foot baths, walking on salt and stone pavements, as well as walking in the open air before and after sleep, as well as exercise methods, strengthen the body's immune system.

The effect of active movement on the body can be summarized as follows:

- cardiovascular function is activated;
- breathing improves;
- bones become stronger, muscles become stronger, mobility of joints increases;
- good digestion of food is ensured;
- the functioning of the digestive organs is improved; - the nervous system is strengthened. And these are of great importance in keeping the balance of excitation events in the central nervous system at the same level;
- has a positive effect on human psychology;
- helps to form the correct stature, etc.

To strengthen and train the body, it is necessary to pay special attention to the use of natural forces of nature - the sun, air and water, the importance of physical education in the healthy life of a person, and to form these concepts in students.

Following a routine is the basis of a healthy lifestyle.

Daily routine is a continuous process that takes place from the day a person comes into the world. Naturally, the agenda cannot be the same for everyone and it is created according to the person's age, health, ability to work and household living conditions, in which the general requirements are: the correct balance of practical work and physical labor in the development of the agenda distribution, alternating work and rest at the right time, eating in a certain way, going to bed at a certain time and getting used to waking up early, walking in the open air. A person's healthy or unhealthy lifestyle also depends on the correct or incorrect organization of the daily routine.

A properly organized daily routine is comprehensive for the body:

- proper development;
- strengthening of the will;
- Labor productivity is very high, and the ability to work
- good storage for a long time;
- plays an important role in disease prevention.

In order to maintain the health of schoolchildren, it is appropriate to introduce the following physiological-hygienic recommendations to school activities, its educational process, and parents.

- compliance with the daily regime, i.e. the daily schedule, including the arrangement of the load of training sessions at school and at home;
 - widening of outdoor activities;
 - adequate and timely implementation of
 - hygienically full, regular sleep;
 - timely replacement of mental load with physical load;
 - changing activities while meeting hygienic requirements;
- engage in independent activities.

When determining the weekly curriculum in primary and secondary schools, academic lyceums and vocational colleges, in agreement with the Ministry of Health of the Republic of Uzbekistan, the following control tasks should be assigned to the local health department:

- hygienically correct organization and conduct of classes;
- compliance of the duration of lessons and breaks with the requirements
- Acceptability of vacation periods and time spent during the academic year;
- the number of classes held during the day and week;
- to organize the provision of the necessary equipment for measuring the anthropometric indicators of children and adolescents in the classrooms;
- organization of current control over food and kitchen units, storage of food products, their quality and calories;
- in general education schools, academic lyceums, colleges, to observe the sanitary-epidemiological procedure and fulfill sanitary-hygiene requirements, to ensure the lighting of the rooms, to periodically ventilate them, and to introduce the correct selection of school furniture.

In the healthy life of a person, first of all, rational planning of the daily routine and its constant observance are of great importance. 'rin holds.

One of the factors of a healthy lifestyle is proper nutrition, which is important in maintaining human health.

Food hygiene - the children's body's need for food products, vitamins, microelements, food poisoning and ways to prevent it, eating disorders, the effect of excess weight on health - is the basis of having a nutritional culture.

Proper planning of mental and physical work in the educational process based on hygienic requirements - proper organization of rest, compliance with sleep hygiene, prevention of child sleep disorders and insomnia, children's movement mode and health Attention is paid to issues such as hygiene of academic work - prevention of burnout and burnout.

Personal and general hygiene.

Hygiene is the basis of a healthy lifestyle. Any achievements of public hygiene are those who ignore the basics of personal hygiene, do not follow the normal work, rest, sleep regime, eat poorly, spend little time in fresh air, do not care about the cleanliness of the skin, clothing, exercise activities, and physical education. , cannot maintain the health of a person addicted to smoking and drinking. Failure to pay attention to the hygienic conditions of life leads to daily damage to a person's health and a decrease in his work ability.

The famous physiologist I.P. Pavlov did not say for nothing that a modern person should not live less than 100 years, and if this situation is not observed, it is mainly caused by the wrong way of life.

In the conditions of the period of independent development of the Republic of Uzbekistan, personal hygiene has become a powerful factor in health promotion and prevention of widespread (heart), cardiovascular, neuropsychiatric, infectious and other diseases. It allows to fight effectively against hypodynamia and neuro-psychic stress, as well as to increase the possibilities of regeneration of the organism in relation to external environmental factors and conditions that arise in the process of scientific and technical development. The range of issues included in the concept of personal hygiene is very wide. These include personal hygiene at work, eating, keeping your home clean, and others.

It is useful to include meat, fish and protein-rich products in the daily diet. Vegetables, fruits, greens occupy an important place in the diet, because vitamins A, C and other vitamins contained in them are better absorbed by the body. meat, poultry, fish products and liver; cereal products enriched with vitamins for breakfast; vegetables and fruits; it is useful to eat fresh greens;

In the current period, it is necessary to fully satisfy the population's demand for consumer goods and food products, to protect consumer rights, to provide various quality services to the population, to study the market situation and several other aspects of the population's life. measures to increase the style are being implemented.

The available huge resources, intelligence and production potential together with the independence of the state create real conditions and opportunities for the implementation of fundamental reforms to renew the economy in the Republic, to transfer it to the path of enlightenment.

Service enterprises provide services taking into account the requirements of the population and the individual wishes of the person, and are manifested as a unit of the process and result of labor activity to satisfy the demand for this service.

Eating is the main condition of human life and it is one of the important indicators of the economic well-being of the people and is closely related to the socio-economic system of a particular society.

Catering to the population is one of the leading sectors in the current period, where a large amount of food products are used.

The main ways of directing this industry are the application of industrial production technology, the reconstruction of old enterprises and the construction of new enterprises that meet the current demand, the centralization of the production of high-quality semi-finished products, washed and chilled or frozen ready-made food and cooking, production of products and organization of heating in kitchens where they are cooked

In order to solve such tasks, it is necessary to use the scientific and technical achievements of modern science to create and use new techniques and technologies, including low-waste and zero-waste technologies, and make full use of local raw materials.

Our republic has favorable conditions for the rational organization of food for residents and tourists. The production of agricultural products is increasing. The availability of various food products creates opportunities to diversify our dishes and increase their variety.

From the point of view of the general economy, the method of cooking means using food correctly and rationally, without wasting it, and working economically.

The interdependence of catering establishments and the food industry solves the multi-planned problems of industrialization of catering.

Industrialization of catering primarily involves the production of culinary products in continuous mechanized lines. In order to fulfill this task, the food industry should be tasked with the production of new technology of products of various degrees of readiness.

In catering enterprises that process and distribute a large part of food products, it is necessary to improve the technology of high-quality, diverse assortment of food and culinary products, to raise the culture of consumption based on fast and high-quality service in accordance with the level of current demand. However, it should be recognized that some small enterprises, closed type kitchens, i.e. factories and factories, higher educational institutions, secondary special education institutions, and school children are provided with high-quality food and culinary products. there are problems. In the preparation of some food and culinary products, it is necessary to perform complex and time-consuming processes. In addition, many jobs have to be done by hand. Because catering establishments do not have enough opportunities to mechanize and automate all processes.

In the preparation of liquid dishes, especially liquid dishes prepared by the method of frying, it takes a lot of time to cook and fry products such as carrots, onions, tomatoes, and flour on low heat. Although these ingredients are used in small quantities in one kitchen, i.e. from 1 kg to 5 kg, they require a lot of electricity, manpower and time. Therefore, it is possible to improve the quality of ready-to-eat meals as a result of the centralized production of semi-prepared, semi-cooked and ready-to-eat products on an industrial scale from raw materials such as meat, poultry, fish, vegetables and potatoes. It will be possible to mechanize and automate the work performed with the power of l, and on this basis, to save a lot of labor in the manufacturing enterprises, to make full use of mechanical and thermal equipment, to save electricity, in addition, to make full use of food waste.

In cooking enterprises, there will be no need for some cleaning and cutting mechanical equipment, warehouses for storing raw materials, vegetable, meat, and fish departments, and it will reduce the price of ready-made meals based on labor saving.

In catering establishments, liquid meals make up 30% of the total meals. When the total amount of liquid food is taken as 100%, 80% of it is based on liquid food prepared on the basis of frying.

Based on the preparation technology, it is known that in order to cook these liquid dishes, the meat is first fried, and carrots, onions, tomatoes or tomato paste are cooked over low heat. Although these products are small in quantity, it takes a lot of time because the primary processing of raw materials, i.e., washing, cleaning, and cutting operations are done by hand. It can also take a long time and burn out quickly or not be the same. For this, the cook should not leave the grill. So, the cook cannot do other things related to cooking at the same time. Work productivity will be low.

Taking into account the above, it is desirable to perform centralized preparation and primary processing operations in catering establishments, not by hand, but by mechanization. Because there is a large amount of raw materials, this work can be done in washing, cleaning and cutting machines.

For example, if we take "Kifta soup" or "Uzbekistan" soup, 10-11 ingredients will be needed to prepare these dishes, and each of these ingredients will need a separate technological regime of processing. These operations are performed manually and require a lot of work and time. However, these ingredients are used in one kitchen from 1 kg to maximum 5 kg.

The main purpose of baking flour for some liquid dishes, sauces (sardaks) is to remove the smell of raw flour, reduce its viscosity and reduce its moisture.

The purpose of cooking vegetables is to transfer aroma and coloring substances to oil, to soften, to reduce its size, to speed up the preparation of culinary products by heat treatment. The purpose of juicing tomato paste is to reduce moisture and transfer the coloring matter to the oil.

In order to intensify the kneading of flour and determine the optimal mode, we conducted an experiment in an electric frying pan SESM-0.2 to determine the relationship between moisture content, moisture reduction and heat temperature.

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