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THE ROLE OF NUTRITION IN THE GROWTH AND DEVELOPMENT OF YOUNG PEOPLE

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Annotation:
Growth and development are complex processes that require the right balance of nutrients. Growth refers to dimensional growth such as height and weight, while development refers to the acquisition of attitudes, behaviors, and social skills. It will be discussed about the role of nutrition in the growth and development of young people.

Keywords: nutrient intake, short stature, Nutritional growth, development, youngsters, child, growth, height

Growth is the fundamental physiologic process that characterizes childhood. It should be closely monitored by pediatricians and families alike as a benchmark of a child's health. Similarly, secular trends in growth patterns are followed as indicators of children's health on a population level. Growth can be worrisome along two variables: height (short stature) and velocity (growth failure).Height involves a measurement of linear stature at a single point in time and compares it to expected norms. The norms are usually provided by the general population as depicted in growth charts. Energy exchange in the human body occurs in accordance with the basic rules of balance in a self-regulating open system. A person has a complex mechanism that keeps the balance of energy in harmony with food together depends on the level of descent. Growth and development are complex processes that require the right balance of nutrients. Interestingly, when your child goes to elementary school, his brain has developed faster and faster than at any other time in his life. We often use the terms growth and development interchangeably when talking about growing children, but each has different characteristics. Growth refers to dimensional growth such as height and weight, while development refers to the acquisition of attitudes, behaviors, and social skills. The third major stage is maturation, i.e. reaching adulthood at a set time and pace depending on gender and other individual determinants. The extended periods of growth and development that are associated with children of primary school and pubescent age, see with it a higher demand for nutrients than adults.1 Calcium, magnesium and protein are considered particularly important for childhood growth and development. For the growth and development of young people, the role hygiene is totally important. Nutritional hygiene is the science of laws and rules for organizing rational (optimal) nutrition of healthy and healthy people. It is based on optimizing the nutrition of the population production of food sources, raw materials and products and scientific bases and practical activities on sanitary protection at all stages of its preparation are developed. The main aspects of food hygiene are physiological processes, biochemical mechanisms of digestion, food digestion and nutrients. It is related to the study of cellular metabolism of other components in food products, as well as nutriogenomics, that is, the fundamental regulation of gene expression. Nutritional hygiene is scientifically based on nutrients and energy determines the

norms of physiological needs. Food products demand for quality, age-related, social, geographical and environmental develops recommendations for consumption depending on factors, procedures and conditions of nutrition, at the same time, quality and safety of food products and materials in contact with them sanitary-epidemiological (hygiene) expertise and controls compliance during construction and use of food facilities. Food hygiene includes physiology, biochemistry, toxicology, microbiology, develops as a science using the results of scientific research in the fields of epidemiology, internal diseases, as well as the assessment of nutritional status, food legal indicators and alimentary adaptation, approaches and methodologies covering the nutritional and biological value of food. Vitamins, minerals, microelements and other nutrients are sufficient for the complete supply of the population, and at the same time, the creation of local production by enriching mass-consumed food products with them has increased nutritional value. is an important factor in ensuring food production. Conventional foods and simple sources of macronutrients taking into account the reduction of potential opportunities to enrich food products and create new recipes. It is necessary to produce a large number of tons of food protein and protein medicine. In order to preserve all produced food, it is necessary to ensure that raw materials and finished products are preserved and their quality does not change during their journey from the field or farm to the consumer. storage systems that prevent accumulation and loss of useful products needs improvement. For energy, the body uses carbohydrates and fats the most. In severe deficiency of these two macronutrients, dietary protein can be used for a short time as an energy source. In the human body, energy is mainly stored in the form of fat (various accumulations) and protein (primarily muscle mass). Humans have almost no reserves of carbohydrates (with the exception of a very small amount of glycogen) - they are quickly broken down in metabolic processes, and the excess turns into fat. Nutrition plays a fundamental role in determining the growth of individuals. An appropriate growth progression is considered a harbinger of adequate nutrient intake and good health. On the other hand growth deceleration with or without short stature may indicate inadequate nutrition, even when there is no body weight deficit for height. Nutritional growth retardation (NGR) is most prevalent in populations at risk of poverty. However in affluent communities patients with NGR are often referred to the specialist because of short stature and delayed sexual development. The diagnosis may be overlooked and/or be established after exhaustive evaluations, if the pattern of weight progression over time is not considered. Patients with so-called idiopathic short stature may present diminished nutrient intake and decreased IGF-I levels, however their nutritional status and body weight progression patterns are usually not addressed by pediatric endocrinologists. NGR patients may cease to gain appropriate weight and fail to grow in height, even without exhibiting body weight deficits for height. They adapt to decreased nutrient intake by decreasing growth progression and thereby achieve equilibrium by decreasing the nutrient demands.

From the point of view of hygiene, food products are characterized differently. The main structure and regulator of macroergic processes in eating. It is advisable to use products that contain significant amounts of essential amino acids and micronutrients (including high-strength) components. In this case, the organism is physiological complete metabolism occurs. Nutrition is important in the growth and development of a child. Nutrition refers to the foods and beverages that provide fuel for the body to function. Nutrients are substances found in food that allow the body to grow and function properly. There are six essential nutrients: protein, carbohydrates, fats, vitamins, minerals, and water. Nutrition

plays a fundamental role in determining the growth of individuals. An appropriate growth progression is considered a harbinger of adequate nutrient intake and good health. On the other hand growth deceleration with or without short stature may indicate inadequate nutrition, even when there is no body weight deficit for height. Nutritional growth retardation (NGR) is most prevalent in populations at risk of poverty. Good nutrition refers to a diet that contains a healthy balance of nutrients, such as a diet that is high in fruits and vegetables. Poor nutrition refers to a diet that contains an unhealthy balance of nutrients, such as a diet that is high in sugar or sodium. There are many effects of nutrition on child growth and development. For example, nutrition can impact a child's physical growth as well as brain development. Furthermore, having good nutrition as a child increases the likelihood of having good nutrition in adulthood.

In conclusion, there are many benefits of good eating habits. For example, good eating habits are beneficial to a child's growth and development. Good eating habits strengthen bones and support muscle function. In addition, good eating habits keep the teeth, skin, and eyes healthy. Furthermore, good nutritional eating habits in early childhood can have a significant impact on the development of language. It has been found that nutrient-dense foods, such as whole grains and leafy vegetables, can improve alertness, focus, and memory.

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