



THE ROLE OF SCHOOLCHILDREN'S NUTRITION IN LEARNING AND THEIR HEALTH

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Annotation

One of the leading factors determining the health of children is the factor of nutrition. During the period of education in general schools, pupils perform physical activities along with mental loads. During this period, schoolchildren need foods with high energy content because of their high energy consumption.

Keywords: schoolchildren, nutrition, nutritional status, morbidity.

Introduction

Proper and healthy nutrition is one of the factors occupying an important place in the health of schoolchildren. Keeping the rising young generation mentally and physically healthy and able to work depends on the amount of quality products in the food they consume.[1]. In accordance with the Presidential Decree "On measures to introduce new principles of management in the system of national education" of 5 September 2018 PC No. 3931, institutions of general secondary education taking into account modern requirements for secondary education. The school charter mentions that the correct organisation of pupils' daily routine and study time plays an important role in preserving their health. A number of laws have been drafted to promote a healthy generation. These include: Uzbekistan UP-Presidential Decree No. 4887 of 10 November 2020 "On additional measures to ensure healthy nutrition of the population" by the Cabinet of Ministers Decree No. 146, measures to organise healthy nutrition in general education institutions are widely deployed.[2]. The information presented above shows that the correct organisation of nutrition is important for the healthy growth and development of children and adolescents and determines the relevance of this topic.

Being a growing body, school children feel hunger very quickly and at this time they quickly opt for ready meals to fill their stomachs. At this time, they are forced to eat





fast food that cooks itself quickly. British scientists have found that schoolchildren who eat fast food three or more times a week fall behind in science studies.[3]. It is common knowledge that fast food has a unique flavour due to the fact that it contains simple carbohydrates, high amounts of salt and fats. The fact that the flavour salts they contain negatively affect the nervous system of children has been recognised by scientists.[4]. In addition, although fast food is high in energy, it does not contain vitamins and minerals. This, of course, causes them avitaminosis. As teenagers' bodies are very sensitive, it has been confirmed by British scientists that large amounts of various salt mixes, ketchup and mayonnaise containing preservatives added to extend the shelf life of ready meals have a negative effect on teenagers, affecting the growing bodies of adolescents.[5].

The aim of the study is to investigate and evaluate the effect of nutrition on school children's learning.

Materials and Styles:

112 pupils of 8-9 grades of school No. 342 of Uchtepa District of Tashkent City and 136 pupils of 8-9 grades of school No. 134 of Zangiata District were under our study. Surveys and specially designed questionnaires were used in the study. The results of the questionnaires were subjected to statistical analysis.

Results and Discussion

According to the results of the survey of schoolchildren it was found out that they like to eat fast food after lessons or between breaks and it was answered that it fills the stomach quickly, has a unique flavour created by the mixture of mayonnaise and ketchup added to its composition, they like them. When surveyed about their health among schoolchildren who eat a lot of fast food, it is known that among boys there are frequent complaints of being overweight, headaches, rashes on face and body, stomach aches, constipation, food allergies after eating certain foods.

In the study of inter-school health, it was found that among the schoolchildren of Uchtepi district, they repeatedly applied to the medical department with the above-mentioned complaints. When the reason was clarified, it turned out that schoolchildren of this district live in multi-storey houses, and after school they go to courses for mastering additional subjects, and they do not have time to do sports. It turned out that the majority of schoolchildren in Zangiata district live in courtyards and do household chores after school. In addition, another reason why many pupils eat fast food is because mothers are at work and they do not have the skills to cook or they do not want to eat food at home. From the questionnaires conducted above,





it was found that the lack of understanding of healthy eating among pupils resulted in them not following healthy eating routines. From the analysis of active movements of the pupils during the day, it was found that while doing active movements, rural school students spend 27.2 hours per week and in urban conditions 22.2 hours, while doing exercise and outdoor walks, rural school students spend 3.8 hours per week and in urban conditions 2.5. hours. And this condition leads to increase in their mental stress and somatic diseases and also increase in the number of diseases during the year. It has been noticed that rural schoolchildren devoted 2.9-3.3 hours per week to the improvement of yard and adjacent territory, whereas in urban conditions this norm did not exceed 0.5-1 hours. It has been established that rural schoolchildren engaged in physical labour have higher mood and diligence 1.5 times than urban schoolchildren. As a result of studying the food habits of schoolchildren, the following was found: The average consumption of milk and milk products, various vegetables (except potatoes) and fruits among pupils studying in urban conditions is 20.2-54.7 per cent, whereas pupils studying in rural conditions consume bread and bakery products, pasta (34 per cent), 1.2- 1.3 times the norm of potato and confectionery desserts; sugar 1.7; margarine 2.8; and fatty products up to 1.5 times more and determined carbohydrate and fat diet of pupils[9] compared to learners in urban conditions. If we analyse the dietary pattern of adolescents in general, all of them have insufficient amount of fish, meat, egg products, and bread and flour products are consumed 40.5% more than the norm. When asked about drinks consumed during the day, 61% said that they drink at least 1 litre of pure non-carbonated water during the day, 15% drink sweet juices and the rest drink carbonated cola and Pepsi drinks. A survey of snacking between meals found that 53% of pupils snacked on chocolate, 12% on ice cream, 10% on crisps and the rest only chewed gum.

In conclusion, it is advisable to start health promotion work on the harmful effects of fast food consumption on their health in order to form schoolchildren's ideas about healthy eating, and for preventive measures, it was found that it is advisable to teach pupils through demonstration slides, that nutrition concepts should be introduced into the minds of schoolchildren.

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