

**IMPROVING THE MECHANISM FOR MANAGING THE HEALTHY NUTRITION  
SYSTEM IN PRESCHOOL EDUCATIONAL ORGANIZATIONS**

**Fazilov Shukhrat Shavkatovich**

Independent researcher at the Institute for Retraining and  
Advanced Training of Directors and Specialists of  
Preschool Educational Organizations

**Abstract:** In the article, opinions, suggestions and recommendations regarding the localization of the system of outsourcing and catering services in the improvement of the mechanism of organization and management of healthy nutrition in preschool educational institutions are presented on scientific bases and facts.

**Key words:** Healthy diet, healthy diet, healthy lifestyle, rational nutrition, nutrients.

**Introduction.** Today, in the reforms being carried out by our state, special attention is paid to the development of the preschool education sector. As a result, in a short time, the majority of preschool children were covered by preschool educational institutions. Today, the issue of proper and healthy nutrition of children raised in preschool educational institutions is also important. Getting children accustomed to proper nutrition from kindergarten age makes it possible to prevent diseases that arise as a result of improper nutrition in adulthood. The diet of children should be healthy, balanced, and should be formed taking into account the age of children in general preschool educational institutions. To establish healthy eating in preschools, it is necessary to consistently adhere to standards that provide for a constant supply of safe, nutritious, and healthy food products. Improving work in this area, in particular, ensuring compliance with sanitary rules, norms, and hygiene standards in the canteens of preschool educational organizations, increasing the effectiveness of sanitary-hygienic and anti-epidemic measures, and strengthening the knowledge of employees responsible for food preparation (nurses, cooks, and warehouse managers), is one of the important tasks of system officials.

**Literature analysis.** Today, in the process of developing ideas about healthy eating for preschool children in the preschool education system of Uzbekistan, the process of interaction between preschool educational organizations and families is being studied. In particular, there are various approaches to determining health, but many scientists - philosophers, doctors and psychologists Yu.A. Aleksandrovsky, V.Kh. Vasilenko, V.V. Nikolaeva, V.M. Vorobyov, V.P. Kaznacheeva emphasize that there is still no single systematization of the scientific foundations of children's health related to nutrition.

On the correct rational nutrition of each person, I.I. Brekhman drew attention to the following main elements of a healthy lifestyle: productive work, a balanced work and rest schedule, avoidance of bad habits, optimal physical activity, personal hygiene, hardening, proper nutrition and sufficient fluid intake [1].

Also, M.M. Bezrukikh and T.A. Filippova believe that the most important element of a healthy lifestyle is proper nutrition[2]. Since ancient times, people have understood the importance of nutrition for health, and many ancient thinkers, such as Hippocrates, Celsius, Galen, and Socrates, devoted entire treatises to the healing properties of food and its rational consumption. The famous scientist of the Middle Ages, Abu Ali Ibn Sino (Avicenna), considered food to be a source of health, strength, and vitality [2].

At the same time, B.N. Chumakov, psychologists and pedagogues, R.G. Alekseeva, V.G. Alyamovskaya, T.I. Babaeva, G.K. Zaitsev, S.A. Kozlova, and others argue that the problem of

proper nutrition as an integral part of a healthy lifestyle for preschool children is of concern to scientists from many fields of science, including physiology and medicine.

Regarding the fact that the main vital functions of the body of preschool children depend on what, how, when and how much we eat, V.I. Smolyar believed that people age and die prematurely due to malnutrition, while a person with a balanced diet can live 120-150 years [3].

Yu.P. Klimovich and Z.P. Matyukhina agree that nutrition ensures the functioning of the human body, providing it with the energy necessary to cover its living expenses. The body needs a certain amount of various nutrients to ensure the normal course of all processes. The metabolism, structure and function of cells, tissues and organs in the body depend on the nature of nutrition. "Health" and "nutrition" are links in the same chain [4].

After conducting a number of studies, taking into account living, working and everyday conditions, A.I. Stolmakov established the connection between proper nutrition and ensuring a constant internal environment of the human body, as well as the functioning of its various organs and systems. On the contrary, malnutrition significantly reduces the body's defenses and functions, disrupts metabolic processes, leads to premature aging and can contribute to the development of many diseases, including infectious diseases, since a weakened organism is susceptible to any negative influences [5].

I.G. Pestalozzi emphasized the family as a true educational institution: "The family teaches by deeds, but the living word only replenishes, and falling into the soil plowed by life, it leaves a completely different impression" [6].

J.A. Comenius described the maternal school as a sequence and accumulation of knowledge that a child receives from the hands and lips of the mother. "A mother's lessons take place without any changes in schedule, without weekends or holidays. The more diverse and meaningful the child's life is, the wider the range of maternal concerns becomes" [7].

**Methodology.** The study is based on the use of methods of analysis, synthesis and comparison in improving the management mechanism of a healthy nutrition system in preschool educational organizations.

**Analysis and results.** The World Health Organization lists the following as the most common factors that negatively affect health: psycho-emotional stress, lack of physical activity, bad habits such as smoking, alcohol abuse, drug addiction, and unbalanced nutrition[8]. According to the definition of the Big Medical Encyclopedia, rational nutrition (from the Latin rationalis - rational) is considered to be balanced in terms of energy and nutrients. It is believed that such nutrition can ensure normal functioning, high efficiency and resistance to negative environmental factors, as well as the maximum duration of an active life [8].

Mental health is defined as the extent to which a person is satisfied with themselves and how well they perform their daily tasks. A mentally healthy person is usually able to appreciate their achievements and analyze their mistakes. It is important to maintain mental health to take time for rest and hobbies, to have the opportunity to learn new things, and to share feelings and experiences with caring people[8].

Social health is defined as the ability to communicate with others. A person is considered socially healthy if he or she can establish and maintain relationships in society, respect the rights of others, give and receive help from others, maintain warm relationships with family members, make new acquaintances, and express their needs and demands in a language that is understandable to others[8].

A healthy lifestyle (HLM) is a person's behavior and thinking that ensure the maintenance and strengthening of health; A system of individual habits that allows a person to achieve the level of vital activity necessary to fulfill various obligations, solve the tasks set for him in connection with solving personal problems and needs, a lifestyle that ensures adequate and

optimal exchange between the person and the environment, thereby maintaining health at a safe level[8].

The state aims to further improve the organization of healthy nutrition for children in preschool educational institutions, to ensure the healthy and harmonious growth of children by organizing nutrition in accordance with established sanitary rules, norms and hygiene standards, and to create broad opportunities for increasing the effectiveness of the quality of education and upbringing by introducing modern methods of healthy nutrition.

Based on a number of laws and resolutions, including: Resolution No. 626 of the Cabinet of Ministers of the Republic of Uzbekistan dated July 25, 2019 “On further improving the system of healthy nutrition in state preschool educational organizations”, sanitary and hygienic standards and instructions for children's nutrition have been developed to organize safe and healthy nutrition for children in preschool educational organizations, to prevent infectious and non-infectious diseases, and to prevent food poisoning.

The essence of healthy nutrition in state preschool educational organizations is to prepare meals based on standard seasonal, i.e. autumn, winter, spring and summer, menus, approved by the Ministry of Preschool Education and in agreement with the Republican Service for Sanitary and Epidemiological Safety and Public Health, taking into account the anatomical, physiological and age characteristics of children in preschool educational organizations.

When forming a healthy diet in a preschool educational organization, the daily diet takes into account the children's need for basic nutrients and the full provision of energy corresponding to their age, their upbringing conditions and health, as well as the climatic and national characteristics of nutrition. In organizing preschool nutrition, the anatomical and physiological characteristics of children are taken into account first of all. Up to 60% of children's growth and development mainly falls on the period of kindergarten. Therefore, it is important for children to eat in accordance with their age and the amount of energy consumed daily.

Growth and development are inherent in the human body, like all living organisms. The comprehensive growth and development of the organism begins from the moment of its birth. These two processes are complex, integral and interconnected.

Growth is an increase in quantity while maintaining its structure. It means an increase in size due to the increase in body weight, cells and tissues in it. As a result of the increase in cells, the size of the living organism increases, that is, height increases, weight increases. All of these processes depend on a healthy and balanced diet.

The most important morphological and functional differences between the digestive organs of a child are observed only in the first years of postnatal development. The functional activity of the salivary glands, the presence of milk teeth, at 2-2.5 years old the child already has 20 teeth, now children can eat relatively hard food that requires chewing. Starting from 5-6 years old, milk teeth are gradually replaced by permanent teeth. The esophagus, stomach, small and large intestines, liver and pancreas gradually increase in size depending on age. Their volume, shape and functional activity change. The stomach of a newborn baby is round, after 1.5 years old it becomes pear-shaped, and from 6-7 years old its shape does not differ from that of an adult. The digestive system performs many functions in our body. And the most important of them is the production of energy and building materials for cells from external sources, that is, food. The digestive process consists of organs such as the mouth, esophagus, stomach and intestines, liver and pancreas. And each of them has its own function.

Due to the intensive growth of a child from 1 to 3 years old, the body's need for proteins, fats and carbohydrates, mineral salts, macro and microelements increases. With the introduction of complementary foods to the child, the mechanisms of the child's enzyme systems are activated. Now the child's diet should include up to 75% animal proteins. Vegetables and fruits are

necessary to provide the body with minerals and good intestinal motility. Feeding 4 times a day in the diet of children over 3 years old, breakfast and dinner should be 25% of the daily intake, lunch - 35-40%, and snacks - 10-15%.

The daily amount of milk for children from 1 to 3 years old (taking into account milk in porridge) is 700 ml. From 2 years old, it should be 600 ml. After 1 year, the amount of vegetable oils (sunflower, olive, soybean oil) for children should be increased to 10-15% of the total fat in the daily diet. Nutritional characteristics of a child from 3 to 6 years old: For children 3-6 years old, dishes can be prepared using the widest variety of food products and various cooking methods. Meals should be varied but in significant quantities: Bread - 150-200g, for children 3-6 years old, dishes can be prepared using the widest variety of food products and various cooking methods. Meals should be varied but in significant quantities: Bread - 150-200g, for children 3-6 years old, dishes can be prepared using the widest variety of food products and various cooking methods. The total daily amount of food for children from 3 to 6 years old should be 1400-1500 UAH. At 6 years old, it should be 1600-1700 g. Proper nutrition is necessary for the child's health, so the child should eat with appetite and desire. For this, not only the taste of food is important, but also its appearance. For children aged 4-5, the physiologically optimal mealtime schedule is as follows: breakfast: 8-9 am, lunch: 12-1 pm, snack: 4-4:30 pm, dinner: 7-8 pm.

The peculiarity of the diet is that there is an increase in carbohydrates due to cereals, pasta, and bread products, as well as an increase in the consumption of vegetable proteins and fats. Special attention should also be paid to the daily water balance in children, since dehydration negatively affects the digestion of food. Children aged 3-6 years need approximately 80 ml of water per 1 kg of weight.

Products that are prohibited for children from 1 to 3 years of age are: smoked meat, fish, canned food, seasonings, spicy sauces, horseradish, mustard, pepper, peas and beans.

**Conclusion.** Children can be provided with a balanced diet by ensuring that meals are not repeated throughout the day. Using the approximate norms given, food products such as milk, bread, sugar, butter, meat should be included in the menu every day. It is necessary to pay attention to various combinations of foods. If a child had soup for lunch, then the side dish for the second should be vegetables. You can not give the same flour or cereal dishes in one day. It is important to know the calorie norms for children from 1 to 6 years of age. For example, from 1 to 1.5 years old - 1330 kcal, from 1.5 to 3 years old - 1480 kcal, from 3 to 4 years old - 1800 kcal, from 5 to 6 years old - 1990 kcal. The amount of protein and fat in the daily diet should be 63-65 g, carbohydrates - 230-320 g, which should be the following ratio: 1:1:3(4).

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