

## NUTRITION OF CHILDREN AS A FACTOR DETERMINING THE HEALTH OF FUTURE GENERATIONS

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### **Abstract**

Rational nutrition is one of the main factors in maintaining the health of children and adolescents, as well as their high performance and body resistance to adverse external influences. Nutrition is the only source of energy and plastic material that a person needs for life, and especially its adequacy and balance are necessary for a growing organism.

**Keywords:** children, health, nutrition.

The physical and intellectual development of the child, the degree of resistance to environmental factors is 40% dependent on nutrition. Rational nutrition is a powerful factor in the prevention of many diseases and determines all subsequent human development. Proper organization of children's nutrition is not only medical, but also of great social importance as a factor that determines the health of future generations. Rational nutrition of children and adolescents is one of the most important conditions for ensuring their harmonious growth, timely maturation of morphological structures and functions of various organs and tissues, optimal parameters of psychomotor and intellectual development, body resistance to infections and other adverse external factors.

Given the above, the state policy in the field of healthy nutrition of the population is based on the following principles:

- human health is the most important principle of the state;
- food products should not cause harm to human health;
- nutrition should not only satisfy the physiological needs of the human body for nutrients and energy, but also contribute to the implementation of preventive and therapeutic tasks;
- nutrition should contribute to the protection of the human body from adverse environmental conditions.

Providing children with food adequate to their capabilities is of great preventive importance, leading to a decrease in childhood morbidity.

The nutrition of children in different regions differs in its nature and direction, based on the level and specific living conditions, traditions and national habits. According to modern ideas, nutrition should be rational. The term "rational nutrition" corresponds to the term "healthy diet", which is currently accepted in the Republic of Uzbekistan. Rational (from Latin Rationalis - reasonable) nutrition involves nutrition that ensures the constancy of the internal environment of the body (homeostasis) and maintains its vital manifestations (growth,

development, activity of various organs and systems) at a high level under various working and living conditions.

## **Principles of rational nutrition:**

1. Correspondence of the calorie content of the daily diet to the energy expenditure of the body (the law of quantitative adequacy of nutrition);
2. Qualitative usefulness, the presence in the diet of replaceable and irreplaceable food components in optimal quantities and ratios;
3. The correct diet (time and number of meals, the intervals between them, the distribution of the diet in terms of energy value, chemical composition, food set and weight for meals), its compliance with the biosocial rhythms of the body's vital activity.
4. Variety of food due to the inclusion in the diet of a wide range of products of animal and vegetable origin and various methods of their culinary processing; Rational nutrition is aimed at improving the health of the child population. Food is one of the most important protective factors against infections and other adverse environmental influences.

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