

ASSESSMENT OF THE NUTRITIONAL STATUS OF PRIMARY SCHOOL STUDENTS

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Abstract

Lack or absence of vitamins and microelements in the body leads to metabolic disorders, decreased physical and mental performance, fatigue, and adversely affects the growth and development of children. A complete and varied diet is the basis for the prevention of vitamin deficiency in children of different ages.

Purpose:

To study the state of health in connection with the nature of nutrition of primary school students on the example of the city of Samarkand. To improve the prevention of children's health disorders by developing an algorithm for optimal QUALITATIVE AND QUANTITATIVE COMPOSITION OF FOOD for school meals based on identified deficiencies in the nutrition of schoolchildren age.

Material and methods:

The state of health of students in connection with the nature of nutrition was studied by questionnaire-questionnaire and somatometric methods. A total of 80 schoolchildren aged 9-10 years were examined. Among the examined children there were 48 girls (63.4%) and 32 boys (36.6%). Statistical processing of the obtained data was carried out using the MS Excel statistical software package.

Results:

The quality of children's nutrition can be judged by the actual set of foods and dishes in their diet. An analysis of the quality of children's nutrition showed that more than 90% of junior schoolchildren consume bakery products, meat dishes, cereals, soups, fruits and vegetables every day or several times a week. vegetables. About 50% of children every day or several times a week consume milk and sour-milk drinks, eggs, cottage cheese, fish dishes.



A negative trend can be considered the use of less than 1 time per week or the absence of sour-milk drinks in the diet of 20-50% of children. milk. cottage cheese. eggs. fish. There are significantly more children in whose menu milk appears less than 1 time per week or is absent., For most primary school students are characterized by the presence of symptoms of vitamin and mineral deficiency: pallor of the skin, widespread caries, brittleness and white spots on the nails, sleep disturbance, which indicates a deficiency of Ca, Fe, and vitamin A.

Conclusions:

The study showed that the majority of school-age children and their parents understand the importance of nutrition for health. Besides. the nutrition of most children of both groups includes the necessary set of products. But in a number of schoolchildren, the diet is characterized by an insufficient content of dairy products, eggs, fish, and the diet is the absence of any of the main meals. The results of the study can be used to identify the most problematic moments in the nutrition of schoolchildren, to determine priority areas for its correction. and consequently. for the prevention of health problems in children. associated with non-rational walking.