

THE IMPORTANCE OF ASSESSING THE LEVEL OF PHYSICAL FITNESS, ORGANIZATION AND QUALITY OF NUTRITION OF CHILDREN

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Relevance of the work. In the republic, great attention is paid to the state of health of the younger generation. Particular importance is attached to expanding the network of preschool institutions [1] and improving conditions in them for comprehensive physical, intellectual and aesthetic development of children. Children's physical fitness is determined by the level of development of physical qualities and motor skills. Daily rational and balanced nutrition is also important for children's health [2]. Insufficient or excessive nutrition can lead to disease, disorders in the growth and development of the child's body. Studies by a number of authors have established that the nutrition of children can be irregular, irrational and unbalanced. Environmental factors, socio-economic status of the family and parents' education play a significant role in the formation of children's lifestyle, including motor activity and nutrition [3,4]. In view of the above, an important step is to educate parents on the basics of healthy nutrition and physical activity. Conducting seminars and workshops in preschool institutions will help raise awareness among families about the importance of proper nutrition and regular physical activity for children's health. This, in turn, will contribute to the formation of sustainable habits in the younger generation that will last throughout life.

In addition, attention should be paid to the creation of a favorable environment conducive to an active lifestyle. Increasing the number of playgrounds and sports areas near residential areas will help children to spend active time in the fresh air, which will favorably affect their physical development. An important aspect is also the introduction of physical education classes aimed at developing basic motor skills into educational programs.

Support from the state and local government in the form of programs aimed at improving children's health should be a priority. Investment in infrastructure, as well

as in quality nutrition in kindergartens and schools, will create conditions for the formation of a healthy generation, which in the future will affect the overall health of the nation.

The research was conducted in 6 preschool educational organizations (EEOs) in Tashkent city and Surkhandarya province. The buildings of the surveyed ECE centers are constructed of various building materials, including 2 fast-erecting modular buildings made of block containers and sandwich panels, 2 brick and 2 reinforced concrete buildings. The survey was conducted among 326 children aged 5-6 years old, and questionnaires were administered to their parents.

The Individualized Child Physical Fitness Scorecard is an important tool for monitoring and assessing the physical development of children. It includes 23 questions that help to collect comprehensive information about the physical condition of each child.

The passport part of the card contains personal data such as surname, first name, age, gender, as well as information about the child's educational institution: number and address. This makes it possible to link the indicators to a specific child and ECE center.

Basic somatometric indicators, such as body length and weight, are the main elements for assessing the child's general physical condition and growth.

Further, the chart includes physical fitness indicators that reflect the level of various physical attributes. These include: speed (30-meter run), agility (shuttle run 3*10 m), strength and coordination (long jump, push-ups and pull-ups), as well as endurance (ball throwing, strength endurance of the back and shoulder girdle muscles).

Collecting this data will help to organize individual training and monitoring of children's physical development over time. To determine the subjective attitude of parents to the organization and quality of nutrition in the ECE center, a questionnaire was developed, including 18 questions: the nature and assessment of child nutrition, reasons for dissatisfaction with organized nutrition, reasons for the child's refusal to eat in the ECE center, and the level of parental knowledge about properly organized and nutritious nutrition of children.

To study socio-hygienic factors and the formation of attitudes to healthy nutrition, a questionnaire consisting of 32 questions was developed, including: parents' education, financial status of the family, the child's home nutrition regimen, food



behavior, individual tastes and eating habits, frequency of consumption of healthy and unhealthy foods, and the level of preschoolers' knowledge of table etiquette.

Conclusions. The use of specially designed cards and questionnaires plays an important role in assessing the level of physical fitness of preschool children. Such tools allow systematically analyzing various aspects of physical activity and health of children. With the help of questionnaires of parents it is possible to reveal their subjective perception of the organization and quality of nutrition, which, in turn, affects the formation of healthy eating habits in children.

Analysis of the collected data helps to characterize the formation of attitudes to healthy eating, which is essential for preventive work. For example, it is possible to identify gaps in parents' knowledge about nutrition or insufficient physical activity of children, which will allow to address specific problems.

Based on the information obtained, it is possible to develop and implement preventive measures aimed at optimizing the conditions of upbringing. These can be recommendations on improving the diet, organizing physical activity and involving parents in the process of forming a healthy lifestyle in children. Thus, the creation of a favorable environment for the physical and mental development of children becomes more effective.

References:

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