

FOOD HYGIENE RULES– CORRECT, RATIONAL

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Abstract: Food hygiene is a subsection of the science of hygiene. This is the impact of food products on human health and development, prevention of negative consequences that may occur as a result of overeating, increasing the benefits of consumed food, and based on the sex, age and constitutional characteristics of a person, his nutrition learns the features.

As a result of the development of the direction of "nutrition hygiene", such a science as dietology, which studies healing and proper nutrition, was born.

The main requirements of food hygiene:

Equality of the energy value of the daily ration and the amount of energy consumption during the day (the amount of consumption depends on the person's age, gender, lifestyle and profession).

Correspondence of the proportions of consumed food and the characteristics of the organism. The ratio of the main components of food (proteins, fats and carbohydrates) should be 1:1:4 on average, 1:1:5 in people with a lot of physical activity, and 1:0.8 in people engaged in mental activity. 3.

Eating food that is not harmful to health (without chemicals, etc.).

Distribution of meals during the day — the optimal option is to eat 4 times a day with intervals of 4-5 hours. In this case, breakfast should make up 25% of the daily ration, lunch - 35%, second lunch - 15%, and dinner - 25%.

Compliance with food safety in terms of sanitary-epidemiological norms.

WHY IS FOOD HYGIENE IMPORTANT?

The world around us, including the food we eat, is full of a large number of microorganisms, which may not always be beneficial or safe for us. Most of them, if there are favorable conditions for this, can multiply and produce strong poisons, which can have a very negative effect on human health when they enter the body together with food. Such microorganisms are bacteria, yeast and mold.

Mold can form in food products when the environment is favorable (warm, dark, moist, etc.). Mold fungi can cause severe food poisoning when they enter the body. Yeasts can thrive in foods that contain moisture and sugar. Their entry into the body is not good for the body.

Harmful bacteria spoil the quality of food, and as a result, poisoning can also occur. They can enter the human body in the following ways:

Unwashed hands;

Dirty surface;

Dirty water;

Burns and injuries;

Domestic (and not only) animals, etc.

WHAT ARE THE FOOD HYGIENE RULES?

If you decide to strictly observe food hygiene, follow these recommendations:

Washing fruits and vegetables;

Paying attention to the expiration date of the product;

Drink only boiled water;

Wash your hands well;

Do not eat food with your hands and do not lick your fingers while eating;

Disinfection of frequently used food items (knife, fork, etc.);

Timely removal of waste from the kitchen;

Do not rush when eating;

Chew food well;

Do not drink liquids during meals;

Start the meal with liquid foods first and end with thicker foods;

Eat at the same time every day;

Use only properly processed products (thermal, etc.).

References:

1. Merta Dj. General Practitioner Directory.
2. Magazanik N.A. The art of communicating with patients.
3. www.ziyonet.uz
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