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Gigenic Bases of Optimization of Children and Comments Nursed in General Schools

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ABSTRACT

Last probability of nutrition on the basis of the level of nutrition of children and Osmirs raised in general schools. This will help keep the physiological condition of the body, to prolong life, and prevent human life, and prevent early aging. Eson receives necessary substances for body power and essential substance. This is a case, the growing body is of special importance to the child. Mehns to organism requirements The child directly defines the child's immune status, resistance to negative reactions, physical and mental development.

The urgency is that today the number of diseases caused by 7-17 children under the age of 7-17 is the growing number of diseases caused by the wrong nutrition and negatively affecting the development of children due to lack of nutrients. According to the World Health Organization on October 11, the number of children and Osmirs, which suffer from Obility, reached 124 million people in 2016.

Information on the World Health Organization is 2 billion soums in the world today.(26 percent) Human iron does not consume organic micronutrients for the person who needed the father for the human body, such as vitamin A.Due to this, 155 mln.The child is behind the hanging and development, 52 mln. The child (4.1 per cent) suffers from diseases of digestive members. It is now possible to spent semi-finished producting during the period of semi-finished products, sexually natural for the sidelines of primary graders in the day of the high school.

The purpose of the topic: Objective: Behind the population Development and implementation of measures to prevent hospitalism from the alignmental diseases.

The theoretical practical significance of the results of the study:

1. Theorbedally, children, teachers, and parents of social schools will increase the medium nutrition literature.

2. The diseases associated with note to practice the mobile application in the school of my school in a practical school and uncensus It decreases, society is healthy and extends age of lives of average population.

The main part is one of the leading conditions for rational food of school-age children, the

development of them.

The school period covers 7-17 years and is observed to hang muscle and bones, end of substances, end of substance, heart blood - vascular, brain cases. It is during this period that the accession and formation of the human body is observed and formed. In order to provide this complex process, the composition of the school age should accept enough biodiversity rich in protein, carbohydrate, mineral substances and vitamins.[1]

Especially important, it is very important that the protein to the hanging body is sufficient to the ration into the ration. Its total amount should organize an animal view according to loading and living conditions. In protein shortages, children are observed in brain function. They are quickly tired, work capacity, decreases lessons. Therefore, the main ingredients in the diet are rich in protein products in the meals of school-age children. They include eggs, gosht, fish, sirations, and baces. The daily school meal must be milked, dairy products (cottage cheese, yoghurt), eggs, goshti, fish products. Milful products are mineral, vitamins and protein. They also provide positive use of digestion.[2]

Dental fruits are also necessary in the diet. When the daily meal consumption, it is acceptable to the gayadari bread using the bread. Because it is more than 30% of iron than the whist, the potassium is three times a copium.[3]

Vegetables are a source of microelecise and vitamins, and therefore it is necessary to be 50% of the 50% of fresh vegetables and fruits. In the congregation, the attention should be paid to a feather breakfast. In the morning the child's organism usually spends energy, so breakfast must have enough foods and power.[4]

Breakfast must be 25% of the value of the day and of course to be warm foods, cottage cheese, eggs, guests, legumes.

The volume of lunch is more than a stronger and power value should be more loved and more than 30 -35% of the day. It's consisting of at least three different foods: First - Shorwa, the second - with a garnacle of food or a fishing food, and the third sweetie.

The second lunch is to meet the child's need to liquid, because the kids are thirsty. The second lunch (Tolma tea) comes the 15-20% of the day energy value.It is consisted of liquids, fruits, breathtures, sweets, pastries, pakes.

The dinner should be 20% of the value of the day's value and consists of at least two different foods: the first cottage, vegetable, ceramic and other blindness are given to the other - milk, siscel ', yuriq. Estimated approximately the recommended school children in 7-10 and 11-3 years of age are given in the following tables. [5]

Estimated meal for school children aged seven and ten years

№	Children aged 7-10
1	Breakfast: a milk bot (rice, grechaly, vegetable) 250 g + 10 gr Sariyog, 20 gr bread, 1 egg
2	Lunch: 300 gr broth, meatly dimlama, 220 gr garnir, 50 gr grabs and vegetables, 40 gr bread, 150 gr fruit juice
3	Tolma choy: 200 gr cefir 50 gr, ceck 200 gr fruits
4	Dinner: 200 gr rice soup, 40 gr bread, 200 gr cefir

Local foods for aged 10-12

№	Children aged 10-12
1	Breakfast: milky porridge (ricey, vegetablly) 250 gr+10 gr Butter, 50 gr bread, meatly , fishfoods, 90 gr omlet or cefir
2	Lunch: broth, 400 gr bul'on, 75 gr meat yoki fishfoods, 200 gr garnir, 50 gr grab va vegetables, 100 gr bread, fruit juice,

	Juice,
3	Tolma choy: 200 gr cefir, cack, 50 gr biscuit, 200 gr vegetables
4	Dinner: 250 gr meals within vegatebles and milk, 100 gr bread, 200 gr cefir or rano Juice

Amount of daily products and meals (in gr)

№	Meals	Ages of children				
		1-2	3-4	5-6	7-10	11-13
Breakfast						
1	Porridge with vegetables and milk	150	180	200	200	240
2	Meatly or milky foods , omlet or cefir	60	70	60	70	90
3	Milk, Juice, mineral water	150	180	150	200	200
Lunch						
1	Salad	40	50	50	50	50
2	Broth	150	180	200	300	400
3	Meatly or fishly foods	60	70	70	70	75
4	Garnir	120	130	130-150	150	200
5	Juice, kompot, kisel’	150	180	150	200	200
Eating time after lunch						
1	Milk , cefir	150	200	200	200	200
2	Cake, biscuit	60	70	35-50	50	50
3	Fruits	100	150	150	200	200
Dinner						
1	Foods with vegetables or milk	180	200	200	250	250
2	Cefir, milk or Rano Juice	150	200	200	200	200
3	Amount of bread: wheat bread	20	70	120	165	200
4	Wild wheat bread	10	20	40	75	100

Feeding of teens. Aunt's age is a period under the age of eighth. As a result of the ringing development of this period, Cop demands appetite that does not become strong together with energy consumption. The healthy food of the hunting consists of nutrients - nutrients and energy-rich diets. Due to the consumption of sweets and orange food, it is recommended to divide the dishes being consumed in the period of butterus. During this period, along with the formation of secondary reproduces, the hanging increases, resulting in the emergence of internal members and fatal development. Yesterday's child is a big person today - a person is formed. The importance of the normality of the ormarrage body and the importance of eating in the formation of a young man. In the time of insurance, the formation of a number of diseases occurs.In this age, the reclamation of colae, gas and color drinks together with chips will develop the basis for the development of various diseases. [6]

At the age of small school age (7-11 years), milk teeth occur with permanent teeth, clearly sexually degrading is observed in physical development. There are also differences between Ogil and Girls

and the type of development in the following type of development and the formation of sexually characterized body structure. Complicating coordination efforts in small muscles develop rapidly develops that it is possible to write.[7]

The period of ion is characterized by a sharp change of activity of endocrine glands. During this period, girls have strong sexual development in children, and in children, it is observed that the beginning is a period of time. The hanging jump, unopened to it, the hormone of organism hormones occur, occur, occurring and developing specifics specific to sex. This is a spiritual development, will, conscious, a complex situation in the formation of the purpose. It is enough to repeat the system of important aspects of life, a small, peer, and the whole relationship with their peers and the whole society. The risksy thinking and movements, the aspiration, which is suitable and contradictions, is also observed during this period.[8]

The importance of proteins in the custody of butteres. As described in the former parts of the book, during the human evolution, protein is prioritizing in its duty, with the need to be reproduced by the financial rate of the fall of amino acids, which cannot be exchanged. He depends on the biological value of nitrogen in balance and incoming protein.

The need for protein during the hanging and development of the organism will be higher than the body of the weight is higher in the weight unit.[13]

An important feature of the protein in the food is digested by its gastrointestinal enzymes. Coraic gas can be divided into the following groups:

- in eggs, fish and milk;
- Gosht contained;
- content (bread and cereals);
- In legumes and plewater.

The biological value of animal products with fiberless protein in numeric examinations revealed that the biological value of animals is higher. The absorption of proteins in different products is as follows: eggs and milk - 96%; Gosht and fish - 95%;1 and 2 varietal bread - 85%;Vegetables - 80%;Potatoes, legumes, big-drawn flour nons - 70%.[9]

The requirement of proteins daily in Osmirs should be a daily consumer of proteins 1.5 - 2.0 grams per body weight and 50% (cattle and poultry gourish, fish and dairy products).As we ordered before, proteins are primary products, which provides a source for the body's hanging and immune system. As a result of their lack of changes, the chemical changes will occur, a decrease in mental abilities and memory, which will be quickly fatigued in the Osmirs. As a result of immunity, the probability of infectious diseases increases. Dairy products are not only proteins but also Calcium sources. Gosht products are rich in phosphorus and zinc, along with a number of iron, iron, iron.[9]

The importance of butteries in eating of butteres. The daily demand of the orphan body is about 100 grams. If the energy source is not only involved in hormones. Among them are butter-sour cream, sour cream and excepting oils. The bodies of excepted oils, and animal supplies, and animal supplies ensure the fall of vitamins A and d, which dissolves fat. In the amount of 70% of consumed butter, 30% should be animals. The song is mainly accepted through exceptions, carpets, oily and grecher.

Animal oils are the Areas, butter, sour cream and the body contains organisms. [10]

The importance of carbohydrates in tears. The carbohydrates are the main source of power for man and provides 50 to 70% of the daily power consumed with foods. As a result of carbohydrates of 1 g, a capacity of 4 kcal is formed in the body. Carbohydrate metabolism is tied stained with fat and protein metabolism.

When forming a meal for Osmirs, food is sufficient in the amount of food and covered the body. In this case, it is necessary to pay:

- to the energy value of the dietary diet;
- The amount of proteins in the diet, including animal proteins;
- Images in the process, as well as the amount of excessories;
- Cargers, as well as sugar, i.e the diahsaxarids of the diet;
- The amount of c, a, d, b1, B2, B6, PP, vitamins C, A, B1, B2, B6, PP, in the ration;
- to the amount of minerals such as calcium, phosphorus, iron and magnesium;
- to consume food in a timely manner of the day;
- to be reduced by 14% protein, 30% and 56% of carbohydrates;
- to provide a variety of products of food products;
- Distribution of basic nutrients, respectively and in line with the time and procedure for eating).

It is necessary to consider the needs of the Osmirs in need of food needs and energy demand, and the level of physical, age, and the place of physical loads and the accommodation of the residential. [11]

The daily diet should be formed in the following order: 14% of proteins of the total power, 30% and 56% of carbons must be covered. The ratio of proteins, butter and carbonums in the ration must be 1: 1: 4.

In the cooking process, the following coefficients are taken into account: 1 g of protein - 4.1 kcal, 1 g body - 9.3 glass, 1 g carbohydrate - 4.1 kcal.

The distribution of the daily ration of daily ration in the 4-time recommended 4 times is given in the table.

Distribution of food by eating order

№	Time of eating	Food percentage for all energy	
		4 times of eating habits	3 times of eating habits
1	Breakfast	25-30	30
2	Lunch	40-45	45-50
3	Eating time after lunch	10-15	-
4	Dinner	15-20	25-30

Breakfast. Hot meat dishes to breakfast should be recommended. It is also provided that vegetables and fruit salads, butbarburtes, hot tea, cocoa and kisils, sheets, poves, and kisel.

Lunch is recommended liquid cords (chickens and different goshti) to the first meal that is necessary for life. Heat-dark foods (rice, grecher, car, invokes, litui and vegetable dishes recommended to excugate Goshti and fishing dishes. In addition to the additional ration, fruits are added.

The second lunch should be composed of bread and dairy products.

Meals mainly to dinner are recommended. They should not be overloaded to the stomach. It is basically omelet and such a mosy light foods should be. It is necessary to drink honey milk before bedtime.

Food groups recommended for the feeding of the Osmirs:

- complex carbohydrates (carbohydrates).Need to hang the body's source of energy and to hang;
- proteins. An animal, poultry and fish are rich in proteins. They are a source for the construction of soft barrels and domestic members. Also, iron copes will be developed if iron is consumed if the Red Gosht products are used;
- exception fiber. These include vegetables, root fruits and fruits. Fibers are natural antioxiates that will improve the function of the gastrointestinal intestinal system and deliver toxins (poisons) from the body;

- addicted exception. These include excepted oils and rowes. Consuming them prevents Obugs preventing their hair in early periods of early periods;
- Milk and dairy products. Almino acids that are not exchanging the body of the Osmirs are the means of the D Group of vitamins, calcium and phosphorus microeletes;
- clean drinking water. In order to provide the normality of the body, it is recommended to consume 30 mg of water during the 1st body weight day. [12]

The following problems will arise if the Kora OSmir is regularly identified and eaten with poor energy value for this reason and eatlessly:

- darkness of some things around the dizziness or the floor;
- Highly tired;
- lowing immunity;
- Karie of the teeth;
- Characteristise;
- Mortization of bones;
- Disorders of menstruation in girls;
- Dashing and decline in memory;
- leaning or obesity.

Physiological needs in nutrition depend on various age groups and rocks. [29]

The data on them are given in the tables in the following tables.

Energy spent for 1 hour for one kg body weight (Kcal))

№	Children aged 8-10			
1	Calm sat	1,89	In sporting excises	3,33
2	Calm stood	1,89	In a work rely on carpenture	4,40
3	Walked	3,50	When played with stick	11,30
4	During the lesson	1,89		
Children aged 11-14				
1	Sat calmly	1,50	Music and sporting	2,57
2	During a lesson(chemistry, math, foreign language)	1,62	In the carpet room	3,52
3	During the lesson (art, geography, phisic)	1,72	Walked	3,05

Daily recommended for children and onsmurgers
Proteins, vegetable and carbohydrates and their energy value

№	Products	Ages				
		7 - 10 aged	11-13 Boys	11-13 Girls	14-17 Boys	14-17 Girls
1	Energy(ckal)	2400	2800	2500	3100	2750
2	Proteins (hr)	80.5	92	85	104	90
3	Animal protein	49	56	50	63	58
4	Yog‘lar (g)	80	93	85	104	90
5	Carbohydrates	340	394	355	450	380

The day-to-recommended daily for children and teenagers vitamin

№	Vitamins	Ages				
		7 - 10 aged	11-13 Boys	11-13 Girls	14-17 Boys	14-17 Girls
1	C (mg)	60	70	70	70	70
2	A (mkg)	700	1000	800	1000	800
3	E (mg)	10	12	10	15	12
4	D (mkg)	2,5	2,5	2,5	2,5	2,5
5	B_1 (mg)	1,2	1,4	1,3	1,5	1,3
6	B_2 (mg)	1,4	1,7	1,5	1,8	1,5
7	B_6 (mg)	1,6	1,8	1,6	2,0	1,6
8	PP (mg)	15	18	17	20	17
9	Folat acid (mkg)	200	200	200	200	200
10	B_{12} (mkg)	2,0	3,0	3,0	3,0	3,0

Daily recommended for children and ons consuming Quantity of basic minerals (Mg / kg)

№	Minerals (mg)	Ages				
		7 - 10 aged	11-13 Boys	11-13 Girls	14-17 Boys	14-17 Girls
1	Calsiy	1100	1200	1200	1200	1200
2	Phosphor	1650	1800	1800	1800	1800
3	Magniy	250	300	300	300	300
4	Iron	12	15	18	15	18
5	Zinc	10	15	12	15	12
6	Ioden (mkg)	100	150	150	150	150

The normative indicators of the daily meals are given in the following tables.

Products consumed in a day

№	Products	11 - 13 Aged	14-17 Boys	14-17 Girls
1	Jaydar bread	100	150	100
2	Wheat bread	200	250	200
3	Wheat flour	20	20	20
4	Potato flour	2	2	2
5	Macaroni	15	15	15
6	Groats	35	35	35
7	Leguminous.	10	10	10
8	Meat products	175	220	220
9	Egg	1	1	1
10	Fish products	60	70	70
11	Milk	500	500	500
12	Milk products	45	50	50
13	Cefir and butter	15	15	15
14	Cheese	10	15	15
15	Butter	25	30	30
16	Plant oil	15	15	15
17	Potato	250	300	275
18	Different vegetables	300	350	350

19	Fresh fruits	150-200	150-200	150-200
20	Dried fruits	10-15	10-20	10-20
21	Sugar and candies	85	100	100
22	Tea	0,2	0,2	0,2
23	Salt	7-8	9-10	8-9

Amount of the food consumed in a day (G)

№	Products	11 - 13 Aged	14-17 Boys	14-17 Girls
Breakfast				
1	Meals with milk and vegetables	200	240	280
2	Meat , fish meals omlet or cider see	70	90	100
3	Milk, juice , mineral water	200	200	200
Lunch				
1	Salad	50	50	50
2	Borth, bulyon	35	35	35
3	Foods with meat and fish	70	75	75-100
4	Garnir, grabs	175	220	220
5	Juice	200	200	200
Tolma choy				
1	Milk, cider	200	200	200
2	Bulochka, biscuits	50	50	50
3	Fruits	200	200	200
Dinner				
1	Oilness meaty and vegetables and grab foods	250	200	300
2	Cefir , milk , rano Juice	200	200	200
Amount of daily eaten bread				
1	Wheat flour	165	200	200
2	Black bread	75	100	100

Conclusion: Today, the organization of health care of students, which is studying in secondary schools, will reduce the aligning disease caused by a healthy generation and various kinds of narcotic nutrition.[1]

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