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Hygienic Evaluation of Students Nutrition Bukhara State Medical Institute

**Olimova Dildora
Vohidovna**

*Assistant of the Department of General Hygiene and
Ecology, Bukhara State Medical Institute*

Relevance: The student's health is the most important basis for his future. Organization of rational nutrition of students during their studies at the university is one of the most important factors in maintaining their health and learning efficiency. Studying the attitude of students to the issue of nutrition - an important direction in the formation of young people's value orientations towards maintaining one's own health through optimal nutrition, development self-awareness among students in the field of healthy eating, improving the quality life and study of students, as well as reducing the number of alimentary-dependent diseases among young people. Currently, university curricula provide for intensive training of students during the day, as well as independent work at home. The most intense periods are credit and examination sessions, when mobilization of attention is required, hard work memory concentration forces. Therefore, the most important Factors affecting academic performance, students' health status and the incidence rate during the year are emotional and physical activity, quality of nutrition and its physiological usefulness [1]. Therefore, the assessment of student nutrition is an important factor in improving the quality of education at the university and the formation of a responsible relationship to lifestyle.

Keywords: Evaluation, Nutrition.

The biological significance of nutrition for the body is multifaceted: food serves as a source of energy for the work of all body systems. Part of the energy goes to the so-called basic metabolism necessary to maintain life in a state of complete rest. A certain amount of energy is consumed for processing food in the process of digestion; food provides the body "material for construction" - plastic substances from which are built new cells and intracellular components; food supplies the body biologically active substances - vitamins, necessary to regulate life processes; food plays information role: it serves as chemical information for the organism [3].

Nutrition of students has a number of features due to the combination in labor process of minimal energy consumption, hypokinesia and neuro-emotional stress. As a result, daily calories should correspond to energy costs and amount to 2000-2450 kcal. At the same time, the protein animal origin must be at least 55% of the total protein, the diet itself is balanced in terms of proteins, fats, carbohydrates in the ratio 1:1.1:4.7-4.9 - for men, 1:1.1:4.4-4.7 - for women. Necessary increase in the need for vitamins of group B - by 25-30%, vitamin C – by thirty%. 4-fold diet, (distribution of calories by meals food 25%, 20%, 35%, 20%), an increase in wholemeal bread is necessary, vegetables, carrots, fresh herbs, fruits, an additional intake is required antioxidant vitamin complex systems [3].

The purpose of the study. Give a hygienic assessment of the nutrition of students of Bukhara State Medical Institute (hereinafter BSMI) and in the future develop evidence-based recommendations for its optimization.

Materials and research methods. Method used sociological survey using a valeological questionnaire. The survey involved 57 respondents aged from 17 to 22 years old.

Results and discussions. Due to the fast pace of life, load according to the results of a survey of BSMI students 61.4% of students believe that they eat irrationally and only 38.6% believe that they have a rational food.

Proper nutrition implies that the body regularly, in the required amount and optimal ratios should be supplied many nutrients - proteins, carbohydrates, fats, water, minerals substances, vitamins. A deficiency, as well as an excess of nutrients cause first temporary inconvenience, then a source development of diseases, a factor of premature aging and early death. A study was also conducted of the place where students eat. As the survey showed, 79% of students have breakfast at home or in a hostel, on catering establishments outside the university - 6%, in the canteen and buffet - from 4 to 9% students. During lunch, students prefer to eat hot freshly prepared food in the canteen and canteens of the university - 47 and 19% respectively, and only 11% - in catering establishments outside the university. 82% of respondents dine mainly at home or in a hostel, 13% - in catering establishments in university and outside the university. Most students prefer to receive a full-fledged hot food. Among the respondents, at least 43% take

First and/or second hot meal at least once a day, 45% - twice a day a day, 9% - three times a day. The number of students who do not have hot meals is mandatory, is 0.5%. Eat vegetables every day and fruit 70% of respondents, 26% - 1-3 times a week, 4% - 1-2 times a month. 10% of respondents eat fast food every day, 20% - 1-2 times a week, 30% - 1-2 times a month, 40% do not use at all. 8% of students use fortified foods in the diet, 62% - sometimes, 30% - do not know about such products. 86% of students believe that the composition and diet affect

Human health, 8% - slightly, 6% - no effect. In the daily diet, a large proportion falls on refined foods that are considered unhealthy for humans (white bread, sugary products, pasta, smoked meats, canned goods). An analysis of the data obtained shows that white bread (instead of black and bran) is chosen by 48.3% of students, sweets daily consumes 30.4% of students, lard and smoked meats are included in the daily diet 15.7% of students, the percentage of students who abuse coffee is 38.6%. In products that were used during "snacking" in between activities, mainly digestible carbohydrates should be present. At the same time, they prefer sweets - 43.7%, fruits - 33.1%, limit a cup of coffee or tea - 23.3%.

Thus, nutritional students do not comply with the hygienic principles of optimal nutrition, which requires teaching students the basics of proper, healthy nutrition. The majority of students (65%) do not adhere to any

Restrictions on product selection. In 35% of cases, students have different restrictions, including 19% of respondents - a low-calorie diet (of which 90% - girls), 2% - vegetarianism, 7% - for religious reasons, 7% - medical diets.

67% of students assess their state of health as good, 28% - satisfactory and 5% - poor. Of all the students surveyed, 59% indicated that they have problems with the gastrointestinal tract, of which diseases of the gastrointestinal tract have 17% of respondents, 42% - occasional stomach pain. A small part of the respondents (12%) have allergies to certain foods - citrus fruits, chocolate, nuts, fish and seafood.

Conclusions. Thus, the nutritional habits of students do not correspond hygienic principles of optimal nutrition, which requires training students the basics of proper, healthy nutrition. Wrong organization nutrition is associated with the lack of an adequate level of knowledge in nutrition, necessary for

building a healthy diet, which is expressed in biased assessment of diets and the lack of skills for its correction.

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