

The Role of Some Mineral Substances in the Nutrition of Primary Class Students

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Abstract: Sufficient supply of primary school students with micronutrients is of special importance for their growth, mental and physical abilities and other indicators. The article presents the amount of calcium, phosphorus, and magnesium in the daily diet of 7-10-year-old schoolchildren. When assessing the provision of children with micronutrients, identifying and analyzing the above-mentioned indicators is of great scientific and practical importance.

Keywords: practical nutrition, students, mineral substances, calcium, phosphorus, magnesium.

It is known that proper nutrition is an important factor in the growth and development of children of junior school age, the normal formation of their bodies, and the normalization of their mental and physical work ability. Conditioned reflexes formed in children depend on the food consumed and its quality. Processes related to mental activity, such as memory and thinking, also depend on many necessary substances contained in food, and among such necessary substances, proteins, a number of vitamins, mineral substances, and some fatty substances can be included [1-4].

According to the results of our first research, the amount of calcium and phosphorus from minerals in the daily diet of elementary school students is much less than the norm, and it is 60.2% of the daily calcium norm. , and the amount of phosphorus was 74%.

This situation can be explained by the fact that the daily diet of students contains very little milk and dairy products. In addition, the examinees consumed less than usual foods made with legumes, such as beans, peas, mung beans. Because of this, hot dogs, as well as manti, lagmon, dumplings, pasta, and other doughy dishes occupy the main place in students' recipes. Kefir was mainly consumed from dairy products. Due to these factors, it can be said that there was a shortage of very important elements such as calcium and phosphorus in the daily diet of schoolchildren. The amount of magnesium in the daily diet of the subjects is much higher than the norm, that is, it is 156.3%. Such a noteworthy situation is explained by the abundance of bread, pastries, rice dishes (shalwa, mastava, pilaf) and dry fruits such as almonds and walnuts in the students' daily diet. The contribution of some local dishes and products to the daily diet of schoolchildren is very high. In particular, the majority of the diet consists of rice dishes such as mastava, shirguruch, pilaf, and doughy dishes such as manti, chuchvara, macaroni, and somsa. depends on the conditions [5]. The subjects ate a lot of dry fruits such as almonds and walnuts. Milk and dairy products do not occupy a significant place in the daily diet of the studied students. This can be considered as a negative indicator for the conditions of this village. In the questionnaires of the students we conducted research, mainly kefir (or yogurt) and partially butter are mentioned. This led to a lack of calcium and phosphorus elements.

It can be said that it is not always rational for the population to eat only according to national traditions or the requirements of local conditions. Some deficits observed in the nutritional status

of schoolchildren have a negative impact on their growth, development and their health. In particular, the lack of calcium and phosphorus elements in the daily diet has a negative effect on the normal formation of the locomotor system. In order to prevent such situations, it is advisable to increase the amount of milk and dairy products in the daily diet of students.

Studying and analyzing the above-mentioned issues related to the organization of healthy nutrition from a scientific point of view on an experimental basis will protect the health of students, raise the young generation to be healthy and well-rounded, and create a solid foundation for the future of our country is of special importance.

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