

Analysis of the Quality of Nutrition of Students Studying at Different Universities and its Role in Health

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Abstract: Protecting and strengthening the health of the younger generation is the main task of the state and society. A student's health is the most important basis for his future. High-quality nutrition during education is considered an important factor in maintaining the health of students and improving the quality of education.

Among the components of a healthy lifestyle, one of the most important is an optimal, proper and varied diet rich in nutrients.

Keywords: nutrition, students, various factors.

Protecting and strengthening the health of the young generation is the main task of the state and society. A student's health is the most important basis for his future. Quality nutrition at the time of education is considered as an important factor in maintaining the health of students and improving the quality of education.

Among the components of a healthy lifestyle, one of the most important is eating an optimal, correct and varied diet rich in nutrients.

The role of nutrition in increasing the body's resistance to negative factors and ensuring the normal growth and development of the body is incomparable.

The intense rhythm of modern human life is hard on the body due to the intervention of new technologies in his life, automation and computerization of many processes, large information flows, lack of time to make quick decisions, environmental pollution and many other things. uploads downloads. Many factors of civilization have led to the spread of physical inactivity (that is, dysfunction of the body), which has become the cause of obesity that has engulfed our society. Vitamin deficiency is a particular concern for both adults and most children.

During the period of education, most students often experience chronic insomnia, disturbed eating and rest, overstrain of the nervous system, and inability to control their own health. All these factors lead to neuropsychological disorders, the emergence of serious health problems, a decrease in the quality of learning, a decrease in resistance to cold, and damage to internal organs. Based on the above, it is necessary to improve the system of monitoring students' nutrition, control the quality of nutrition based on the specific characteristics of their work.

Purpose of work. Studying the nutritional status among students studying in different universities using a questionnaire and its impact on health.

Results and discussion. Tashkent Medical Academy, Tashkent State Institute of Dentistry, Tashkent State Technical University named after Islam Karimov, National University of

Uzbekistan named after Mirzo Ulugbek, Alfraganus private, Gulistan State University, Tashkent University of Information Technologies, Turin Polytechnic University , a total of 163 students from Chirchik State University, Gulistan State Pedagogical Institute participated. The students who participated in the survey were of different nationalities, 90% were Uzbek, 5% Tajik, and 5% Kazakh. Students from 1st to 6th year took part in the survey. They are students between 1998 and 2005. When studied in regions, 20% from Tashkent city, 5% from Kashkadarya, Surkhandarya regions, 10% students from Jizzakh, Syrdarya, Fergana, 30% students from Namangan, 5% students from Navoi participated. Most of these students study in dormitory conditions away from their parents.

In the questions asked to study the social status of students, it was found out that 20-25% of students have 3 or 4 children in their families. In the questions about parents, 60% of students said that their fathers work at workplaces, 20% of fathers are retired, 10% of fathers working in agriculture, unemployment of 5% of fathers was studied. It was found that 20% of students' mothers are housewives, and 60% work in enterprises affected by harmful conditions. Noise has been found to be the main source of discomfort and ill-health for parents at work. When analyzing dietary status, more than half of students ignore breakfast regularity, including 26% of those completing the survey who never eat breakfast, 10% who rarely eat breakfast, and 17% who don't eat breakfast at all.

It was found that breakfast of students who eat breakfast mainly consists of sweets and coffee. Students studying in the 1st shift usually do not have breakfast, while the students of the 2nd shift eat breakfast and lunch together. We explained to them that it is wrong to eat on time. It turned out that the concept of healthy breakfast among students is not enough. Despite the fact that students know that they need to eat 4.5 meals a day, 65% of the students who participated in the survey found that they eat two meals a day. During the study period, it was found that - 9% of the students ate a full meal, - 3% - fruit, 8% - dessert, 6% - it was determined that they did not eat at all during the study, - 13% - consumed dairy products, 20% - vegetable salads, 41% - it was found that they eat fatty products such as cakes, gummies and pizzas.

As a result of the research, it was found that 36% of the students mentioned that they like to eat fatty food, 72% of the students eat bread in dry packaging, various leisure products, and have time to eat hot food only in the evening. they mentioned that it will be. The results of the research also show that students do not eat fish products, oatmeal, and red meat at all.

It turned out that only 3% of students do not drink carbonated drinks, and 2% do not eat bread. It was found that 20% of students constantly chew gum and only 5% of students eat nuts and freshly squeezed juice.

It was found that they mainly eat carbohydrates (chocolate, jam, cookies). It was found that students regularly use cell phones but watch less TV and sleep less than 6 hours.

When filling out the questionnaire, they said that they eat more fruit at home, that there is a hot meal at home, and that there are no certain conditions in the dormitory, and some students even prepare one meal for themselves. bit.

The most challenging period for students is the period of passing exams. At this time, it is doubly important to follow a healthy diet, because the body is under a lot of stress and needs to receive various vitamins. During the session, the study load increases to 14 hours a day. This means they have to stick to a proper routine again, but at the same time, students are not following a routine that affects their health. The answer to the question of which food would you choose to eat among the students was as follows

Food products	constant	Once every 2 days	Often	I don't want to eat at all
Would you like to eat fruits and vegetables in your diet?	71	20	6	2
Would you like to eat meat and dairy products in your diet?	160			2

Milk and milk products	80	53	14	11
Fish products	40	56	48	5
Do you play sports?	67	23	13	42 I don't do sports at all

As can be seen from the table, it was found that all students have a high desire to eat meat products. 100% of students answered "Yes, nutrition is important" to the question, "Is nutrition important for being healthy?", but they said that they could not eat on time with various excuses. This causes an increase in gastrointestinal diseases among them, an increase in susceptibility to frequent colds, an increase in various complaints such as anemia, general weakness. After studying the above cases, it is concluded as follows.

In the resulting study, it should be noted that the analysis of the proportion of students revealed that the nutrition was insufficient in terms of quality and quantity, and some necessary recommendations were given to them.

Recommendation

A balanced diet for students requires compliance with several basic rules:

1. Regular drinking of clean water to prevent dehydration, which negatively affects metabolic processes and the condition of all organs. The ideal amount of water for each kilogram of a person is 40 ml of water per day. It is not recommended to drink during meals, it is better half an hour before and an hour after, and it is recommended to drink before meals to start the digestion process.
2. Eat small meals several times a day (about five). It is involved in not feeling hungry and improving metabolism. It is recommended to give up breakfast and eliminate the habit of eating a lot in the evening.
3. Every meal should consist of protein, healthy fats, carbohydrates and fiber rich foods.
4. It is recommended to eat a minimum of fast carbohydrates, but if you really want flour and confectionery products, it is better to eat them in the first half of the day.
5. It is better to have dinner 3 hours before going to bed. The most suitable set of foods for this meal are protein foods and vegetables.
6. There should be foods that activate the brain in the diet, because nutrition and mental activity of students are closely related. These foods include avocados, dried fruit, nuts, fruits, oily fish, and fish oil.
7. Particular attention should be paid to blueberries, because they are rich in antioxidants and other useful substances. Foods like pineapples and avocados help to develop and maintain memory. The first is necessary for storing large amounts of data in memory. The latter serves as a source of fiber and plant matter.
8. To improve brain function, it is recommended to eat broccoli, apples, pears and grapes.
9. Oranges can also be a beneficial addition to a student's diet because they contain fiber, minerals, beta-carotene, various nutrients, calcium, and vitamin C.

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