

Hygienic Requirements for Food and Its Impact on Human Health

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Abstract:

This article provides a summary of the effects of food hygiene on human health.

Keywords: nutrition, physical work, development, principle, rational, organism, physiological, pathological.

Rational nutrition is one of the main factors affecting the population's health, physical development, and morbidity. If the food is not rationally enough, it affects a person's ability to work, which is manifested in rapid fatigue and a decrease in the ability to work. If children do not eat enough, they lag behind in growth and physical development.

The main principles of proper nutrition are compliance with the chemical composition of food according to the physiological requirements of the body. Failure to follow these principles can lead to functional changes, pathological conditions and death. The main principles of nutrition balance are the correct provision of food and biologically active substances of proteins, fats, carbohydrates, vitamins and minerals depending on the age, gender and general life activity of the body. The balance between them is very well studied and taken into account when creating a diet.

The chemical composition of nutrients is determined by the food package consisting of protein, fat, carbohydrates, vitamins, mineral salts and water. a number of mineral substances, water) and basic catalysts (vitamins, trace elements). Nutrients are divided into exchangeable (carbohydrates and fats) and non-exchangeable (including amino acids, all vitamins and many mineral substances) according to the criterion of necessity.

One of the main principles of rational nutrition is to take into account the nature of work and lightness. According to the nature of labor activity, the group of able-bodied population can be conditionally divided into the group of persons engaged in mental and physical labor. The border between mental and physical work is becoming equal every year. According to the examination of employees at the Institute of Occupational Hygiene and Occupational Diseases, if during physical work the heart rate is 145 per minute, and during mental work (synchronized translation) it is 160.

Those engaged in mental work have a negative effect on lack of mobility (hypokinesia) and lack of motor-visceral reflexes and work activity, and in some cases, it causes the development of kidney stones and atherosclerosis. Hypertensive diseases, myocardial infarction often occur in people engaged in mental work. Humans have known for a long time that the decrease in muscle activity has a negative effect on the body. Aristotle wrote: "Nothing crushes a person



more than prolonged physical inactivity." Currently, it is scientifically proven that physical exercises have good results in the rehabilitation of various diseases. In addition, the motor-visceral reflexes resulting from muscle movements help the proper metabolism, improve the work of the heart, digestion, increase the activity of digestive juice, reduce the intensity of the processes of rotting in the intestine, and improve intestinal motility.

One of the main principles of rational nutrition in mental work is to limit the energy value of food. In this case, the food must be balanced and full of value. It is recommended to have 100-115 g of protein, 80-100 g of fat and 300-350 g of carbohydrates in the daily diet. The amount of animal protein should not be less than 50% of the daily norm, and it should correspond to milk protein as much as possible. It is important that 25% of the consumed fats should be butter, and a small part should be vegetable and other products. The amount of sugar in the diet should not be more than 15% of the total amount of carbohydrates. In the diet of people engaged in mental work, there should be substances with lipotropic and anti-sclerosis properties, as well as vitamins (V2, V6, S, R, RR) that stimulate oxidation-reduction processes, and substances with a hypotonic effect. condition (choline, inosine, vitamin E, V12, G⁻, folic acid). The rational regime of people engaged in mental work is to eat 4-5 times a day.

The principle of coordination is based on the nutrition of persons engaged in physical labor. The ratio of protein, fat, carbohydrates should be 1:1:4. Animal proteins in the diet make up 55%, and vegetable oil makes up 30% of the daily norm. It should be noted that as the duration and intensity of work increases, the demand for vitamins also increases. It is recommended to take 3-4 meals. Breakfast is 30%, lunch is 45%, and dinner is 25%.

This concept includes a number of rules for storing, preparing and consuming food products. Learn more about what it means to be hygienic when eating and to avoid the possibility of poisoning or contamination. These are the effects of food products on human health and development, prevention of negative consequences that may occur as a result of body saturation, increasing the benefits of consumed food, and based on the sex, age and constitutional characteristics of a person, his nutrition It is precisely as a result of the development of the direction of "nutrition hygiene" that a science such as dietology, which studies healthy 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.



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.
- 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 thoroughly;
- 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.). Physiological norms of eating are average values that reflect the optimal need for basic nutrients and energy of certain population groups. When determining individual needs, first of all, it is necessary to take into account information about height, body mass, age, as well as specific characteristics of work and life. It is necessary to assume that the body is supplied with food products of a certain composition in sufficient quantity to replace the energy costs of the day and night.

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