Volume 4, Issue 10, October 2026 ISSN (E): 2938-3765

CORRECT AND SAFE FOR PRIMARY STUDENTS STUDYING AND ASSESSING THE SITUATION OF FOOD ORGANIZATION

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Abstract
Primary school students feeding early aged the little ones from feeding quantity and quality with This is different . at the age of children four times are fed - of the day first in half they, stomach - intestines in the system far time caught remaining protein, the second in the middle and - carbohydrate, plants and milky from proverbs prepared food consumption what they do. In this case, the amount of food is distributed as follows: breakfast -30%, lunch -40-45%, afternoon snack -10%, dinner -15-20%. Children who attend kindergarten or other children's institutions and receive 4 meals there should not be forced to eat at home. If 2 or 3 meals are provided in kindergarten or children's institutions, the child should be given additional food at home. The last meal should be given 1.5-2 hours before bedtime [2,3].

Introduction

A growing child's body needs complete protein (meat, fish, dairy products, eggs), and it should make up 15% of the total energy of the diet. Fats should make up 30-35% of the total energy of the diet of children under school age. They are part of enzymes, hormones, cells and affect the absorption of mineral salts and vitamins. The body's needs are primarily satisfied with butter and vegetable oil, cream, milk. Carbohydrates serve mainly as a source of energy in the child's body. The need for them is satisfied due to vegetables and fruits that contain polysaccharides, fiber, minerals, vitamins. Vitamins and minerals provide the child's body with correct and alternative development providing gives protein, fat and carbohydrates the ratio is 1:1:4 to do need. Before school at the age of was in children in the stomach the food digestion to be about 3 - 3.5 hours continue This the era at the end stomach will be released and in the child appetite appearance will be. Food to give in between to them other products, especially sweets to give recommendation not done [4].

Research purpose

The main task of organizing healthy and safe nutrition of primary school children is to ensure healthy and balanced growth of children, to prepare high-quality food in kitchens, to create conditions for eating food in accordance with hygienic requirements.

We know that it is important for children, especially children aged 3 to 7, to have proteins rich in essential amino acids in their diet. Foods such as milk, cottage cheese, eggs, and meat are rich in such proteins. The need for fats should be satisfied mainly by vegetable (sunflower, corn, cotton) oils, since they contain a lot of polyunsaturated fatty acids that are better absorbed by the body. It is useful to add vegetable oils to vegetable purees and salads [5].

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Children's and adolescents' food should meet the physiological need to compensate for the spent energy. Energy expenditure of children is 1500 kcal at 1.5-3 years old, 1800 kcal at 3-5 years old, 2000-2400 kcal at 5-8 years old, 2400-2800 kcal at 8-12 years old, up to 3000 kcal at 13-16 years old. The optimal ratio of proteins, fats, and carbohydrates in the diet of children and adolescents is 1:1:4. Violation of this ratio, even when the amount of nutrients and vitamins entering the body with food is sufficient, has a negative impact on health. In particular, excessive consumption of animal fats leads to obesity in a child and delays growth and development. When carbohydrates are consumed in excess, water is retained in the body, making the child pale, lethargic, prone to frequent illnesses, and most diseases are accompanied by complications [6].

Children's food should be varied. Monotonous food suppresses appetite. The ingredients used in children's food should be fresh and of high quality. It is not recommended to give children raw, undercooked or smoked meat, as the child may get poisoned or get diarrhea, and such meat is not well absorbed. Salty or spicy meat and fish dishes should also not be given.

Children under 8-10 years of age should not eat foods seasoned with pepper, vinegar, or mustard. All types of alcoholic beverages (beer, homemade vodka, etc.) are very harmful to the body of children and adolescents. Large amounts of strong tea, coffee, cocoa, and chocolate have a stimulating effect, especially on children under 3 years of age. Therefore, such products should be limited [7,8].

Research results

The catering unit in secondary school No. 245 in Tashkent, which we inspected , is located on the first floor of the building and consists of a staff room, a storage room for products, and a food preparation unit. There are no separate rooms for washing fruits and vegetables in the kitchen. There is no shower for employees. The exhaust ventilation system in the kitchen has been removed and does not fully meet hygienic requirements. The kitchen is supplied with hot and cold water connected to the central network. The procedure for processing products meets hygienic requirements. There is a refrigerator in the kitchen, but the procedure for storing products in it does not meet hygienic requirements. Daily samples are taken in the kitchen and they are not stored in the refrigerator. The temperature indicator of the refrigerator does not work. There is 1% acetic acid to prevent potato disease. Employees have undergone a medical examination. There is a booklet with a sanitary minimum.

The results of the research showed that children in selected preschool educational institutions have 4 local eating patterns, and their eating patterns include morning breakfast, lunch and second lunch, and evening meal.

The organization of healthy and safe nutrition in preschool canteens is carried out on the basis of a menu in accordance with the physiological age of the pupils. Here: Ten-day approximate menus for pupils are drawn up in advance based on the sample menus issued by the Ministry of Public Education of the Republic of Uzbekistan. The menu is drawn up by the nurse for the next working day by 16:00, based on the number of pupils on the current day, in the presence of the cook of the preschool educational institution and the warehouse manager or warehouseman. Based on the menu, food products for the next day are delivered to the canteen by the warehouse manager or warehouseman in the presence of the nurse or the educator on duty before the end of the working day, and the menu

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is drawn up in duplicate, proportional to the number of pupils the previous day, subtracting the average daily amount of food products consumed by each pupil and their cost.

It was determined that the feeding schedule is prepared on the basis of generally established menus. The correctness of the menu in accordance with sanitary rules, norms and hygiene standards was confirmed by the signature of the nurse and the head of the preschool educational institution. The menu was formed by writing down the types of food products in sequence, starting with bread and ending with salt. One copy of the menu was given to the nurse, and the second copy was given to the kitchen for use. The types of food prepared daily and the amount of food per pupil were recorded in a special food distribution point. It was determined that meals for pupils were prepared, stored and distributed in accordance with the rules of food technology.

It was found out that in the inspected pre-school educational institution, a brakerage commission was established to study the quality of food products and meals. The nurse of the preschool educational institution is the chairman of the inspection commission, which includes an educator, a cook, the chairman of the trade union committee of the institution, and representatives of the parents of the children. It became known that the results of the study will be recorded in a separate ledger book. Brakeraj book is sewn, numbered, signed and sealed by the head of the institution.

It was announced that in order to ensure the safe nutrition of children in preschool educational institutions, a register of perishable food products is also maintained. The register of perishable food products also records information about the date of production of the products, the date of receipt at the institution, and the expiration date.

It became known that daily samples are taken by the nurse of the pre-school educational institution 15-20 minutes before the food prepared in the kitchen is distributed to the children. Received food products are stored and consumed in accordance with sanitary rules, norms and hygiene regulations. The record book of food products stored in the warehouse is numbered, stitched and signed and sealed by the head of the preschool educational institution.

The obtained data showed that the variety and composition of food products do not meet the requirements of SanPiN 0097-2000 "Srednesutochn y e rationalnye normy potrebleniya normy upotrebleniya pishchevyx produktov v organizovannyx detskix i podrostkovyx uchrejdeniyax Respubliki Uzbekistan".

9-month report on compliance with food sanitation standards provided to groups (January-September 2022)

Product name	From 3 years old Up to 7 years old	Product quantity on demand		Total actual product consumption		Difference (+, -)	
		Shaikhontohur district	Almazar district	Shaikhontohur district	Almazar district	Shaikhontohur district	Almazar district
Bread	110	8590	5700	8589	5700	-1	**0**
Flour	25	1148	970	1131	957	-17	-17
Cereals	45	2060	1940	1583	1570	-478	-370
Sugar	40	1989	1650	2018	2000	+29	**+50**
pastry chef	10	459	270	3639	200	-95	-70
Oil	20	918	720	894	700	-21	-20
vegetable oil	8	307	204	269	200	-38	-4

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Milk	300	14776	12657	14654	12450	-122	-207
Cottage cheese	30	307	200	207	98	-100	**-102**
Kefir	200	2296	1970	1287	1002	**-1009**	**-968**
cheese	8	436	240	200	150	**-236**	**-90**
Meat	100	4592	2890	4564	2796	-28	-94
Fish	25	1148	950	95	53	**-1053**	**-897**
Egg	0.5	11480	9540	7964	6070	**-3516**	**-3470**
potato	150	6880	2540	5339	1450	**-1541**	**-1090**
vegetable	200	7184	5407	5667	4350	**-1517**	**-1057**
dried fruit	15	688	450	122	200	**-566**	**-250**
Tea	0.3	137	90	8	5	**-129**	- 85
Salt	3	137	87	214	110	+78	**+23**
cocoa	2	91	50	14	15	-79	-35
shiver	1	45.9	23	20	5	-26	-18
juice, fruit	150	6880	4570	1405	2300	**-5483**	**-2270**

The table shows that in the MTMs where the research was conducted, the quantity of some food products does not correspond to the required quantity. For example, milk and dairy products: cottage cheese - 1.4-2.04 times, kefir - 1.7-1.9 times, cheese - 2.18-1.6 times; eggs and vegetable products were found to be 1.4-1.5 times less than the required quantity, while some types of products were found to be up to 17 times less than the required quantity: fish - 12.4-17.1, dried fruits - 5.6-2.25, and fruit juices - 4.9-2.0 times less. On the contrary, it was found that the quantity of some food products (sugar, salt) was provided 1.2-1.5 times more than the required quantity.

Conclusion

Based on the data obtained, the variety and composition of food products in the surveyed institutions do not meet the requirements of the "Average daily rational norm for food products required in children's and adolescent institutions of the Republic of Uzbekistan."

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