

## FUNDAMENTALS OF TECHNOLOGY AMONG ADOLESCENTS

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### Abstract

In the article Information about the main role of technology among teenagers and the dietary and hygienic requirements of schoolchildren is given.

**Keywords:** antiseismic, industry, techno, amino acids, master, logos, education, scientific practice, raw materials, products, transport, greek, mining, mechanical engineering, typical, fiber, decoction, group, vitamin, organic, acids, lycopene, riboxatin, flavanoid, carbohydrate, pectin, potassium, iron, calcium, magnesium, phosphorus, vitamin B1, PP, B2, C, carbohydrate, carotene, organic acid, folic acid, potassium, calcium, magnesium.

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**Access.** Technology greek techno- craft, master, and logos- meaning science, education. Nowadays, technological science is not only among schoolchildren, but also among adult people. industry, construction, transport, agriculture and a system regulating methods of receiving, processing and processing products in other areas; science dealing with the development, implementation and improvement of these methods. Each industry has its own technology: mining technology, engineering technology, construction technology, agriculture, etc. As an example, the technology of construction works consists of several operations: earthworks, foundation laying, wall restoration, brick picking, panel installation, anti-seismic belts and reinforced concrete columns; installation of inter-floor and roof coverings, roofing; transfer of electricity, gas and water networks; finishing works, etc. [1, 2, 3]. In practice, how carefully the technological processes are worked out, if the recommended methods are based on deep experience and scientific approach, the prepared product will be of higher quality. The role and task of technology as a science is to create the most modern and effective methods of product preparation. As technology, science and technology develop, technology is updated and changed [4, 5, 7]. For the development of technology in any field, there should be a uniform procedure for the development of technological documents, typical technological processes, standardized equipment and equipment [6].

People of every age have their own characteristics that reflect their behavior and worldview. Adolescence is a long period of physical changes associated with adolescence and vulnerability. Psychological characteristics of adolescence among psychologists for several reasons called adolescent complexes. 1. Bhigh sensitivity to the evaluation of egos. 2. excessive arrogance and strict judgments in relation to others. 3. conflicting behavior: displeasure is replaced by chaos, independence expressed on the verge of weakness. 4. emotional instability and sudden moods 5. fight against common rules and common ideals.

Adolescent age from 13 to 18 All psychological changes depend on the physiological characteristics of adolescence and a number of morphological processes in the body. All changes in the body directly affect the changes in the adolescent's reactions to various factors of the environment and are reflected in the

formation of the personality.

-In the endocrine system major changes occur, leading to rapid and disproportionate growth in body weight and length and the development of secondary sexual characteristics.

- A complex process of structural and functional changes occurs in the central nervous system and the internal structures of the brain, which leads to the strengthening of the nerve centers of the cerebral cortex and the weakening of internal inhibition processes.

- There are significant changes in the respiratory and cardiovascular systems, which can cause various functional disorders (fatigue, syncope).

- Formation of bone tissue, increase in muscle mass, the musculoskeletal system is actively developing, therefore, proper and reasonable nutrition during adolescence is very important.

-The development of the digestive system is complete: the gastrointestinal organs are very weak due to constant emotional and physical stress.

-The harmonious physical development of the whole organism affects the normal functioning of all organ systems and the mental state of adolescents.

It is of great importance to properly organize the nutrition of children and adolescents for normal physical and mental-nervous development. Lack of food slows down the child's growth and development, weakens the body's resistance. Excessive food derails metabolic processes, reduces appetite, and disrupts digestion. In order to feed properly, it is necessary to take into account the physiological needs of the child's and adolescent's organism for fats, fats, carbohydrates and vitamins, as well as the correct ratio between the main nutrients. Children, especially for babies between 1 and 3 years old, it is important to have proteins rich in essential amino acids in food. Foods such as milk, cottage cheese, eggs, and meat are rich in such proteins. The need for fats should be met mainly at the expense of vegetable (sunflower, corn, cottonseed) oils, because they contain a lot of semi-unsaturated fatty acids, which are better absorbed by the body. It is useful to add vegetable oils to vegetable purees and salads.

Children's and adolescents' food should meet the physiological need to compensate for the spent energy. Energy expenditure of children is 1500-1600 kcal at 1-3 years old, 1900 kcal at 3.5-5 years old, 2100-2500 kcal at 5.5-8 years old, 2600-2900 kcal at 8-12 years old, up to 3200 kcal at 12-16 years old. The best ratio of proteins, fats and carbohydrates in the food of children and adolescents is 1:1:4. Insidious violation of this ratio, even when the amount of nutrients and vitamins that enter the body with food is sufficient, has a negative effect on health. Eating too much animal fat, in particular, can lead to obesity and stunting in children. When carbohydrates are taken excessively, water is retained in the body, and the child is pale, loose, often get sick and most of the diseases are complicated. Food for children and adolescents should be balanced. The same food suppresses the appetite. The ingredients used in the food of children and adolescents should be fresh and of high quality. Fatty meat can be given only to children of senior school age (14-17 years old). It is not recommended to give raw, undercooked or smoked meat to children and adolescents, because the child can get poisoned or get worms, and such meat is not well absorbed. Salty or spicy medicated meat and fish dishes should not be given. Children under 8-10 years old should not eat foods sprinkled with pepper, vinegar, and mustard. All types of alcoholic beverages (beer, musallas prepared at home, etc.) are very harmful to the body of children and adolescents. A large amount of bitter tea, coffee, cocoa, chocolate has a stimulating effect, especially on children under 3 years of age. Therefore, it is necessary to limit such products. Children and adolescents should eat 4 times a day. The amount of food is distributed as follows: breakfast - 30%, lunch - 40-45%, afternoon meal - 10%, dinner - 15-20%. Children who attend a kindergarten or other children's institution and eat 4 times a day in that place should not be forced to eat at home. If 2 or 3 meals are served in a kindergarten or children's institution, it is necessary to feed the child at home. The last meal should be given 1.5-2 hours before bedtime. It has a stimulating effect on children under 3 years of age. Therefore, it is necessary to limit such products. Children and adolescents

should eat 4 times a day. The amount of food is distributed as follows: breakfast - 30%, lunch - 40-45%, afternoon meal - 10%, dinner - 15-20%. Children who attend a kindergarten or other children's institution and eat 4 times a day in that place should not be forced to eat at home. If 2 or 3 meals are served in a kindergarten or children's institution, it is necessary to feed the child at home. The last meal should be given 1.5-2 hours before bedtime. It has a stimulating effect on children under 3 years of age. Therefore, it is necessary to limit such products. Children and adolescents should eat 4 times a day. The amount of food is distributed as follows: breakfast - 30%, lunch - 40-45%, afternoon meal - 10%, dinner - 15-20%. Children who attend a kindergarten or other children's institution and eat 4 times a day in that place should not be forced to eat at home. If 2 or 3 meals are served in a kindergarten or children's institution, it is necessary to feed the child at home. The last meal should be given 1.5-2 hours before bedtime. dinner 15-20%. Children who attend a kindergarten or other children's institution and eat 4 times a day in that place should not be forced to eat at home. If 2 or 3 meals are served in a kindergarten or children's institution, it is necessary to feed the child at home. The last meal should be given 1.5-2 hours before bedtime. dinner 15-20%. Children who attend a kindergarten or other children's institution and eat 4 times a day in that place should not be forced to eat at home. If 2 or 3 meals are served in a kindergarten or children's institution, it is necessary to feed the child at home. The last meal should be given 1.5-2 hours before bedtime.

The importance of fruits and vegetables for teenagers, that is, for our children, is very high, to meet their demand for vitamins, for the body to convert vitamins, polysaccharides, carbohydrates, lactose, fructose and normalization of the daily requirement for amino acids plays an important role. Figs are rich in vitamins A, B<sub>1</sub>, B<sub>2</sub>, C, protein, pectin, calcium, and iron, and if consumed in large quantities, they also have the property of constipation. Pomegranate is rich in vitamin C, folic acid, carbohydrates and organic substances. It has constipating properties. Cherry contains vitamins B<sub>1</sub>, B<sub>2</sub>, PP, C, carbohydrates, potassium, calcium, phosphorus, magnesium, iron, organic acid, pectin and carotene. Apple contains vitamin C, A, B<sub>1</sub>, B<sub>2</sub>, PP, folic acid, carbohydrates, organic acids, pectin, copper and iron. Pear is rich in vitamins C, A, B<sub>1</sub>, P, PP, carbohydrates, organic acids, phytoncides, enzymes, copper, folic acid, iron, pectin and nitrogenous substances. Lemon is an allergic fruit. Contains vitamin C, B<sub>1</sub>, B<sub>2</sub>, PP, organic acid, flavanoid, phytoncide, contains carotene, phosphorus, calcium, sodium, and sugar. Orange is also considered an allergic fruit [8, 9]. Contains vitamin B<sub>1</sub>, C, phytoncides, carotene, carbohydrates, organic acids and essential oil. It has laxative properties. Banana is considered an allergenic fruit, which includes a group of vitamins, potassium, carbohydrates and mineral salts. Namatak decoction is rich in C and B group vitamins, besides, it contains organic acids, lycopene, riboxatin, flavonoids, carbohydrates, pectin, potassium, iron, calcium, magnesium, phosphorus. Watermelon contains vitamin B<sub>1</sub>, B<sub>2</sub>, C, carbohydrate, carotene, organic acid, folic acid, potassium, calcium, magnesium, phosphorus and iron. Tomato is rich in vitamin C, B<sub>1</sub>, B<sub>2</sub>, PP, amino acids, carbohydrates and organic acids, contains potassium, calcium, magnesium, iron and many other useful substances. Quince is rich in vitamin C, carbohydrates, organic acids, essential oil, iron and calcium. Hawthorn is rich in B<sub>1</sub>, B<sub>2</sub>, PP, C, E, carbohydrate, fat, essential oil, carotene, organic acids, choline, acetylcholine, flavanoids. It also has a laxative effect. Cherries contain many vitamins and organic acids. Cabbage contains vitamins B<sub>1</sub>, B<sub>2</sub>, B<sub>6</sub>, PP, C, K, carbohydrates, carotene, enzymes, amino acids, sodium, phosphorus, magnesium, protein and pantothenic acid. It is recommended to add these fruits and vegetables to children's daily diet and keep them clean and tidy for their healthy growth [10, 11].

Conclusion: as a conclusion, we can say that nowadays it is of great importance to properly organize the nutrition of school children and adolescents for their normal and mature physical and mental development. Lack of food slows down the child's growth and development, weakens the body's resistance. Excessive food derails metabolic processes, reduces appetite, and disrupts digestion. In order to feed properly, it is necessary to take into account the physiological needs of the child's and adolescent's organism for daily food depending on their age, as well as the correct ratio between the main nutrients. Goat milk,

cottage cheese, eggs,

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