

### Nutritional Regime to Maintain Working Capacity and be Healthy

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#### Article Information

**Received:** November 29, 2022

**Accepted:** December 30, 2022

**Published:** January 31, 2023

**Keywords:** *Nowadays, attention to proper nutrition has risen to the state level*

#### ABSTRACT

*This article talks about the need to replace the energy consumed by the food consumed during the day in order to maintain the ability to work in the human body and to be healthy. Therefore, the development of nutrition standards for people working in various professions and the determination of nutrition standards it is thought that it is necessary to determine the energy value of food products.*

The concept of a healthy lifestyle has a broad meaning, physical activity includes measures to combat harmful habits such as smoking, alcohol consumption and other harmful products. A rational diet, in the opinion of many, means eating high-calorie foods.

The diet consists of determining the number and time of meals and the food ration. It is desirable to eat 4 times a day, because the digestive system works in this way. in the morning breakfast, 35-40% in the lunch, 15% in the second lunch and 20-25% in the evening meal. Diet. When determining the diet, the body's need for various nutrients: carbohydrates, proteins, fats, vitamins and mineral salts is taken into account. Proper nutrition.

Proper nutrition is a guarantee of health. No product can satisfy the body's demand for all substances. For this reason, the diet is standardized, that is, along with protein products, it should also contain a sufficient amount of carbohydrates, vegetable and animal fats, vitamins, and mineral salts. Proteins are very necessary for a growing body. Children's lack of proper nutrition, their food contains a lot of animal fat, quickly digestible carbohydrates (bread, sweets), vegetable oil, milk and dairy products, vegetables and fruits, leads to derailment of fat metabolism in the body, cardiovascular diseases. going hungry does a lot of damage to the body of young children. In particular, children should not eat in a hurry in the morning or go to school without breakfast, and eat without sitting down, reading a book or watching TV. The emotional feeling associated with eating food is defined as appetite. This feeling can be a part of the feeling of hunger and it can happen on its own if it is not dependent on physiological need. Appetite is a feeling associated with the need for food, as well as a physiological mechanism that regulates the intake of nutrients in the body. Sometimes there is a difference between hunger and appetite - it is

caused by the smell or type of food, social environment (for example, "the state of the eating place"), psychological state (excitement, sadness, fear). possible: The uniqueness of child development; Children who are used to eating sweets before meals; Sedentary lifestyle; Psychological pressure exerted on the child by adults; Poor general condition or some kind of illness. Almost all adults experience temporary loss of appetite. . Often, this can be caused by a psychological state, physical strain, ongoing stress, urgency, apathy, depression, and various other situations. Young girls in particular follow various unproven diets to get a beautiful figure, as a result of which problems occur in the digestive system, leading to anorexia, the consequences of which can even end in death. How to increase appetite? To increase appetite, first of all, you need to adjust your diet and diet. Ways to increase appetite Eat less often. In order for food to be well digested in the stomach, it is necessary to eat little, but often. A person should not starve. The interval between each meal should be 3 hours. The diet should be varied.

The diet must contain foods that a person likes to eat. However, consuming them all the time is harmful. In order to prevent this, it is necessary to change the type of food and eat different kinds of fruits instead of dessert. Do not rush to panic, first study the child's lifestyle and find out why he does not want to eat. Never force a child to eat, this can have a negative effect on his psychology and digestive process (aversion to eating, throwing up the food he ate). Appetite the child To positively affect the child's appetite, start the morning with gymnastics and drinking water It is necessary to start with the games. During the day, it is necessary to ensure that the child is active, walks and various games, especially before lunch and dinner, raise the child's mood and lead to the child's appetite. Most children spend their meal time thinking. they consider it a process that interferes with the process. Therefore, it is necessary to put less food on the child's plate, so that the child eats it faster and returns to his favorite game. However, it is not good to suppress the appetite with sweets between meals, in which case the child's eating habits are disturbed. Psychological methods include: making shapes out of vegetables and sauces, having pictures of cartoon characters on the plates (knowing which character is on the plate to eat until the end) raises the child's mood and increases his interest in eating. Vitamins (Latin: vita - life), medicine - organic compounds necessary for the life activity and normal metabolism of a living organism. Some substances in the composition of nutrients information about people getting sick as a result of its deficiency was recorded in ancient Chinese books, and later in the works of Hippocrates. Hypovitaminosis occurs when there is a lack of vitamins in food, and avitaminosis occurs when there is absolutely no. The main source of vitamins is plants.

Microorganisms also play an important role in the production of vitamins. The biological importance of vitamins consists in correcting the metabolism. Vitamins enhance the chemical reactions occurring in the body, affect the body's absorption of nutrients, help the normal growth of cells and the development of the whole body, enter into the composition of enzymes in the body and ensure their normal function and activity. Vitamins are involved in energy exchange in the body, biosynthesis of amino acids and fatty acids (pantothenic acid), photoreception process (vitamin A), blood clotting (vitamin K) and absorption of calcium (vitamin D). Thus, if a vitamin is lacking or completely absent in the body, the metabolism is disturbed. When there is a lack of vitamins in food, a person's ability to work decreases, and the body's resistance to diseases and adverse effects of the external environment decreases. Vitamin deficiency is caused not only by the lack of vitamins in food, but also by a violation of the processes of their absorption in the intestines, their delivery to tissues, and their conversion into biologically active forms. But some vitamins in excess of physiological needs can lead to hypervitaminosis. Every child needs enough nutrients for normal growth and development. Depending on the age, the ratio and quality of fat, protein and carbohydrates should be sufficient to meet the body's needs. In addition, vitamins and minerals in the food are important for the proper absorption of the body and the growth of organs. The most common deficiency in early childhood is hypocalcemia (calcium deficiency). Calcium deficiency in children can lead to serious complications, such as sudden bone fractures, convulsions, retardation of bone and nervous system development. In

order to maintain a normal level of calcium in the child's body, the daily dose of calcium in the diet is 500-1000 mg. must be. Children of breast-feeding age get enough calcium from breast milk, and during this period it is necessary to additionally use calcium supplements. A significant decrease in calcium in the blood leads to children's rickets and its complications. As we said above, breastfed children receive calcium from mother's milk, so it is necessary that the products consumed by the mother are rich in calcium.

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