

Hygienic Assessment of Children's and Teenagers 'Nutrition in Chess and Drawing School Students

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Abstract

This review article presents sports, rational nutrition, corresponding to the nature of sports activities, products that stimulate brain activity, diet, nutrition issues.

Keywords: sports, rational nutrition, catering

Restriction of any nutrients provided by the body can cause significant damage to health, reduced resistance to adverse factors, and deterioration of mental and physical ability to work.

The purpose of the study is to develop a hygienic assessment of the nutritional status of young athletes engaged in various sports (chess, checkers), suggestions and recommendations.

The survey noted that the rational nutrition of young children was not properly organized and distributed. It should be noted that the disorder of rational nutrition of children and adolescents increases with age.

During the survey of children and adolescents involved in chess, 79% of young athletes were asked about eating disorders. Kitchens in schools do not work, often, buffets are formed, where mainly carbohydrate products (biscuits, waffles, chocolate, fanta, carbonated juices, etc.) are sold.

According to the oral survey, 55% of children aged 7 to 10 years were 3 times a day, children aged 11 to 13 years, and children aged 14 to 16 years were 3-4 times a day; 6% of children eat 5 times a day. 95% of children and teenagers have breakfast, at lunch they get sandwiches, buns, pies from the buffet; high school students consume fast food and sweet black tea; in the evening all the children eat at home. The study found that 11% of children ate hot meals once a day, 70% of children ate hot meals once a day on March 2, and 17% of participants ate hot meals 3 times a day. There was no difference between girls and boys in the comparative assessment of food consumption.

When analyzing the provision of basic food to the children under study, it was observed that the main nutrition of students aged 7–10, 11–13 and 14–16 years was not coordinated and some food shortages were due to the irrationality of new foods. According to the questionnaires, the diet consisted mainly of non-bread, flour and confectionery products. When the dietary norms for fresh vegetables and fruits were not met in the daily ration, the dietary fiber was 90%.

A study of the consumption of bakery products found that children and adolescents between the ages of 7 and 10 consumed 40% more than the norm in the winter-spring period and 29% in the summer-spring period. Similar growth rates were obtained in children aged 11–14 and 15–16 years

(42.5 and 28.3%), respectively. A variety of fast foods (hamburgers, hot dogs, french fries, etc.) are widely consumed in boys and adolescents aged 15–16 years. Girls of this age were found to consume excessive amounts of confectionery and ice cream.

A study of the availability of food for children chess players revealed the following:

high amounts of bread and confectionery and sugar in the diet;

The lack of meat and meat products in the diet was noted. Fish products, rabbit meat is very rare, poultry meat is consumed once or twice a month:

very small amounts of milk and dairy products in the diet of chess athletes;

children's low consumption of vegetables and fruits is not enough to ensure a normal supply of minerals and vitamins in the diet.

During the competitions, the students in our follow-up received additional nutritional products in accordance with the available hygienic standards for several days free of charge, but this was rarely reflected in the overall performance of children and adolescents. In the next step, the biological significance of the diet of children and adolescents under study was studied. Inadequate intake of products in the daily diet leads to a lack of protein, fat, minerals and vitamins.

Protein deficiency in the diet of children aged 7–10 years is 16.3% in the winter-spring period, 9.6% in the summer-autumn period; In children aged 11–14 and 15–16 years, it was 9.9 and 24.5%, respectively. In many cases, the deficiency is related to protein in animal products, which is associated with very low consumption of meat, meat products, fish, dairy products.

Thus, in Uzbekistan, the exact nutrition of children and adolescents involved in the sport of chess is irrational, there is a shortage on all indicators; eating is poorly organized, eating habits are disrupted.

According to the study, the nutrition of children and adolescents who play chess is carried out without regard to the sport. The diet of these children and adolescents is not coordinated, not adapted to their physical needs, the daily norms of nutrition are not significantly met - the consumption of products is less than 12–13%. As a result, protein, fat, minerals, and vitamins in the diets of the studied children and adolescents do not conform to the physical norms of youth, requiring a system of measures to optimize the nutrition of this group of participants.

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