

THE IMPORTANCE OF GENERAL NUTRITION IN GENERAL SCHOOL**STUDENTS.**

Sadirova M. K.

Kosimova Kh.T.

Niyazova O. A.

Nutrition is one of the important factors determining the state of health, it is an indicator of the health of each individual and the entire population as a whole. The health indicators of the population are closely related to their eating habits. The quality of nutrition should be given special importance to children and adolescents. Because physical development indicators, working capacity, the ability to resist negative influences of the external environment, and morbidity indicators are directly related to nutrition. In children, malnutrition can lead to stunted growth for their age, underweight or obesity, and weakened immunity. Such eating disorders can affect any system in the body: vision, taste, and smell. They can also lead to mood swings and other psychiatric symptoms.

Height, weight, and underweight are used to measure nutritional imbalances; such imbalances result in either malnutrition (assessed by stunting, wasting, and underweight) or overweight. Child growth is internationally recognized as an important indicator of the nutritional status and health of a population.

Short-for-age (SFA) children also reflect the cumulative effects of malnutrition and infections from birth, even before birth. This measure can therefore be interpreted as a marker of poor environmental conditions or long-term limitations on a child's growth potential. The proportion of children who are low-for-age (underweight) may reflect wasting (i.e., low weight for height), which may indicate either acute weight loss or stunted growth, or both. Thus, underweight is a composite measure that can be difficult to interpret.

Global Nutrition Monitoring indicators are classified as follows:

Height growth - WHO height-for-age < -2 SD Median of Child Growth Standards;

Normal weight - weight for height < -2 SD WHO child growth standards are average;

overweight - weight for height $> +2$ SD WHO Child Growth Standards median

underweight - weight for age < -2 standard deviations (SD) of the median of the WHO Child Growth Standards;

Conclusion:

The results of the literature have shown that healthy nutrition is a diet that ensures human growth, normal development and vital functions, strengthens health and prevents diseases.

Source: de Onis, M., et al. (2018). Developmental limits of wasting, overweight, and height in children under 5 years of age. *Public Health Nutrition*, 22(1), 175-179.

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