

**HYGIENIC ASSESSMENT OF SCHOOL STUDENTS' NUTRITION**

Salomova F. I.,

Khakimova D. S.

Tashkent Medical Academy

**Annotation**

During the period of education in general secondary schools, students are engaged in both mental and physical activities. As a result, they expend a significant amount of energy and require foods with high energy value. Students spend between 6 to 8 hours per day at school, and their proper nutrition during this time plays a crucial role in maintaining their health.

Improper organization of students' nutrition in general education schools reduces their bodies' ability to cope with environmental factors. Inadequate or unbalanced nutrition negatively impacts not only their learning and cognitive abilities, but also their growth and overall health.

**Aim of the study:** To examine the dietary habits of children and adolescents and provide a hygienic evaluation of their nutritional regimen.

**Materials and methods:** The study was conducted through a questionnaire survey among students and their parents from secondary schools No.249 and No.29 in Tashkent.

**Results and discussion.** In assessing children's nutrition, particular attention was paid to their eating schedule, as disruption of regular eating habits can lead to a loss of appetite and impaired positive reflexes toward food. Three meals a day were reported in 16.8% of students' families from school No. 249 and 19.8% from school No. 29. Roughly the same percentage of students in both schools (55.7% and 53.5%, respectively) reported having breakfast at home. Among the surveyed children, 72.5% and 86.5% from the two groups, respectively, ate lunch either at home or in public places. All participants reported having dinner at home, where, traditionally, high-calorie meals are prepared.

The dietary patterns of the compared groups were largely similar. Both groups showed a limited variety in their daily food intake, with insufficient consumption of meat, dairy products, fish, vegetables, and fruits. The most commonly consumed food items were bread and bakery products, pasta, flour-based products, and cereals.

**Conclusion:**

Most students in the compared groups did not adhere to a proper eating schedule (e.g., reduced number of meals and prolonged intervals between meals), and the quality of their diet was suboptimal. These findings are consistent with literature data indicating that the daily diets of

modern schoolchildren do not meet hygienic standards and force their bodies to function under conditions of deficiency in calcium, iron, vitamins, and many other macro- and micronutrients.

## References

1. Salomova, F., & Khakimova, D. (2024). HYGIENIC ASSESSMENT OF THE AGENDA OF SCHOOLCHILDREN. *Science and innovation*, 3(D2), 264-266.
2. Salomova, F. I., & Khakimova, D. S. (2022). Sanitary hygienic assessment of the lesson tables of secondary schools.
3. Salomova, F. I., Xakimova, D. S., Ashurboyev, F. A. O. L., & Toshmatova, G. Z. A. (2022). COVID-19 PANDEMIYASI DAVRIDA BOLALAR VA O 'SMIRLARNING KUN TARTIBI VA SALOMATLIK HOLATI. *Oriental renaissance: Innovative, educational, natural and social sciences*, 2(4), 465-474.
4. Salomova, F., & Khakimova, D. (2024). HYGIENIC ASSESSMENT OF THE AGENDA OF SCHOOLCHILDREN. *Science and innovation*, 3(D2), 264-266.
5. Ахмадалиева, Н. О., & Хакимова, Д. С. (2019). Значимость оптимизации условий труда, снижения тяжести и напряженности трудового процесса преподавателей медицинских вузов. In *international scientific review of the problems of natural sciences and medicine* (pp. 20-24).
6. Ахмадалиева, Н. О., Нигматуллаева, Д. Ж., Ёкубов, М. С., & Хакимова, Д. С. (2018). Исследование показателей терморегуляции у рабочих в условиях нагревающего микроклимата. In *INTERNATIONAL INNOVATION RESEARCH* (pp. 223-225).
7. САЛОМОВА, Ф., БАКИЕВА, Ш., ШАРИПОВА, С., & ХАКИМОВА, Д. (2024). ФИЗИЧЕСКОЕ РАЗВИТИЕ, ЗАБОЛЕВАЕМОСТЬ И ФАКТИЧЕСКОЕ ПИТАНИЕ ДЕТЕЙ ДОШКОЛЬНОГО ВОЗРАСТА. ПРОФИЛАКТИЧЕСКАЯ МЕДИЦИНА Учредители: Национальный медицинский исследовательский центр терапии и профилактической медицины, ООО "Издательство" Медиа Сфера", 27(2), 72-76.
8. Касимова, Д. А., & Хакимова, Д. С. (2016). Анализ причин перинатальной смертности. *Молодой ученый*, (3), 274-276.
9. Саломова, Ф., Хакимова, Д., & Ярмухамедова, Н. (2021). Характеристика образа жизни и функционального состояния сердечно-сосудистой системы подростков. *Scientific Collection «InterConf»: Theory and practice of science: key aspects* (Ver 3, 2021) №, 42, 853-865.
10. Хакимова, Д. С., & Эргашева, В. Ш. (2019). Оценка состояния заболеваемости рабочих производственных объектов с временной утратой трудоспособности. *Молодой ученый*, (25), 66-69.