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### HYGIENIC ANALYSIS OF ACTUAL NUTRITIONAL STATUS IN PRIVATE AND PUBLIC EDUCATIONAL INSTITUTIONS

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#### Abstract

Along with the growth and development of the body, proper nutrition is essential for healthy and physical and mental development. Deprivation of any nutrients that provide the body can cause significant damage to health, reduce resistance to external factors, and impair mental and physical performance. Nutrition is one of the leading factors affecting development about children's health. The quantitative and qualitative indicators of nutrition determine the processes of physical development and functioning of the child's body, as well as the adaptive environment and resistance to adverse factors in the school environment.

**Keywords:** early diagnosis of diseases, educational institutions, real food.

**Relevance of the problem.** In our country, certain measures are being implemented to develop the healthcare system and bring the medical sector into line with international standards, including measures aimed at early diagnosis, treatment and prevention of nutrition-related diseases. In this regard, in accordance with the seven priority areas of the Strategy for the Development of New Uzbekistan for 2022-2026, tasks such as “improving the quality of qualified services in the field of primary medical and sanitary assistance to the population” have been set, aimed at raising the level of healthcare services to a new level. Based on these goals, it is appropriate to scientifically substantiate the flow of healthy nutrition and educational conditions for children and adolescents studying



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in educational institutions for children of various preschool ages and study ways to optimize them.

**The purpose of the study:** To conduct a hygienic analysis of the actual nutritional status in private and public educational institutions .

**Materials and methods of the study:** In order to hygienically substantiate and compare the quality of children's nutrition in public and private schools in Tashkent, data were obtained from a questionnaire analysis of the composition of the daily diet of students. Through questionnaires conducted among schoolchildren and through an in-depth analysis of menus organized in private schools, children's energy consumption, mineral substances and vitamins were calculated.

aimed at ensuring healthy nutrition for schoolchildren were analyzed based on the Sanitary Rules, Standards, and Hygiene Norms and “Physiological Norms of Nutrients and Energy of Various Groups of the Population of the Republic of Uzbekistan”, Sanitary Rules and Standards 0341-16 “Sanitary and Epidemiological Requirements for the Conditions and Organization of Education in General Secondary Schools” and 0017-21 “Sanitary and Epidemiological Requirements for the Organization of Nutrition for Students in General Schools, Secondary Specialized and Vocational Educational Institutions”.

The energy expenditure, mineral and vitamin intake of children aged 7 to 10 years were calculated through questionnaires administered among schoolchildren and an in-depth analysis of menus organized in private schools.