

MODERN METHODS OF ORGANIZING HEALTHY NUTRITION IN PRESCHOOL EDUCATION INSTITUTIONS

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ABSTRACT

This article discusses the subject of further improvement of organization of healthy nutrition process in public preschool educational institutions, address the issues of catering in accordance with established sanitary rules, norms and standards of hygiene, nutritional requirements, sanitary and hygienic requirements for catering, the benefits of outsourcing, the implementation of goals and rules of healthy eating.

Keywords: Outsourcing, catering, menu, cook, food, protein, carbohydrates, nutrients, organization, supplier, diet, calorie, energy.