

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.

INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

The organization of children's nutrition plays an important role in maintaining the health of the younger generation, their mental and physical development, as well as the smooth maintenance of metabolic processes. The basic nutrients, i.e. proteins, fats and carbohydrates are considered to be organized in a proper diet when they are in the right proportions in the composition of the food. When these substances are present in sufficient and necessary amounts in the diet, the body's need for food and biological compounds is fully met. Children's nutrition should be organized in such a way that, first of all, it fully ensures the growth and development of the developing child's body. Proper organization of children's nutrition is one of the main tasks of medical staff and managers of preschool education institutions. Therefore, in educational institutions, attention is paid to the correct determination of the energy value of foods included in the diet by medical staff, as well as the aspects that should be taken into account in achieving their diversity. In addition, in order to highlight the biological significance of food, the importance of components such as proteins, fats, carbohydrates, vitamins, minerals for the body and their sources were discussed. It is also important to fully comply with the number of salads, the amount of products consumed for the first and second courses, and the technology of cooking in order to facilitate the preparation of meals. What requirements should be met by the daily diets for preschool children, as well as their diet, cooking, initial and heat treatment of products to prevent their weight loss and food poisoning. It is important to include in the diet of preschool children foods specified in the daily norms. Because if the child's body is adequately supplied with essential nutrients through food, it becomes more resistant to the effects of the external environment, especially its resistance to infectious diseases, additionally this increases physical and mental performance of a child. Creating a diet is the inclusion of all foods specified in the daily ration for children in the composition of all meals prepared during the day. This automatically satisfies the child's need for nutrients, depending on his age. Therefore, it is important to know the chemical composition and calories of foods when creating a diet. To further improve the organization of healthy nutrition in public preschool education, to ensure the healthy and harmonious growth of children through the organization of feeding in accordance with established sanitary rules, norms and hygiene standards, to

improve the quality and effectiveness of education through the introduction of modern healthy nourishment, wide opportunities are being created. One of the conditions that make advantages of organizing outsourced catering is importance of the job to be accomplished by chefs with special experience in the preparation of child food, following the rules of cooking technology. Children's diets should provide their growing bodies with the necessary substances, proteins and calories. With this method, the organization of catering in preschool education allows employees to more effectively engage in the educational process. The goals of outsourced healthy nutrition in the organization are to ensure a healthy diet, health promotion and effective organization of the educational process, to ensure the healthy and harmonious growth of children through the preparation of good quality food, to create hygienic conditions for eating, ensuring the adherence of sanitary rules, norms and healthy eating in accordance with the requirements of hygiene standards, the release of heads of organizations from non-educational tasks and increase the effectiveness of education.

The objectives of the organization of healthy outsourcing are to ensure the rational nutrition of pupils, taking into account their needs for food in accordance with their physiological age, to provide food and meals with the necessary substances that are important for healthy growth guaranteeing safety and quality, preventing the spread of nutrition-related infectious diseases in foster children, forming proper nutrition skills among foster children.

Strict observance of sanitary norms and rules in the preparation of food and foodstuffs, as well as in the storage and transportation of food raw materials is one of the main conditions.

Requirements for outsourced catering in Preschool organizations are establishments on the safekeeping of kitchen equipment rented by the preschool organization, maintenance at its own expense and reimbursement of property maintenance costs. In order to provide organizations with cheap, high-quality and safe food products, the main task is to purchase products directly from suppliers at initial prices, to provide them with rational nutrition, taking into account the needs of children in food according to their physiological age. Organization of healthy nutrition process, adherence of sanitary rules and hygiene norms are provided by monthly schedule and menu established by outsourcer, that schedule is being notified to regional State sanitary-epidemiology organization and Preschool education department. Similarly a copy of the certificate of state registration of legal entity is presented to selective commission.

Modern methods of organizing healthy eating in preschool education institutions contribute to the harmonious and healthy development of children. TMI Scientific studies show that the body nature of children and adolescents is different from that of adults, in which many systems and organs are in process of developing, and secondly, the process of excitation in their nervous system is superior to inhibition, they themselves are much more active. Especially young children are very sensitive to adverse environmental factors (hazardous substances, hot or cold, temperature, low or high pressure, hunger, insomnia, emotional disturbances, etc.). They try not to eat staple foods other than sweets because they are intensely keen on sweet-stuff. Parents and educators have a great responsibility to prevent the negative impact of the processes listed above, and they themselves must be well aware of the rules of rational nutrition of children. It is very difficult to teach young and kindergarten age children the rules of rational eating because they are too young to have an understanding of nutrition, digestive physiology and hygiene.

Accurate and reasonable feeding of young (1-3) year olds. When feeding children of this age, first of all it is necessary to consider the anatomical, physiological and other peculiarities of

their organism. Foods should be prepared from a variety of products that are quickly digestible and not large in size. As soon as the child has 8-10 teeth, it is useful to give him harder bread, hard chucks, apples, a piece of vegetable, bone meat for the development of chewing muscles. In three-year-old children, the volume of the stomach expands slightly, so the amount of food given to them is also increased accordingly (300-400 ml). Sometimes a child has a good appetite and tends to eat large amounts of food, it is wrong at such times to say that you eat as much as you want, because from an early age he learns to eat more than he needs and it is mistakenly. This condition, firstly, increases the volume of the stomach, and secondly, leads to obesity and the negative complications that arise with it. Beef, mutton, veal, poultry, fish, vegetable oils, cereals, legumes, vegetables (cabbage, carrots, turnips, etc.), fruits, nuts, greens should be included in the daily diet of children of an early age in appropriate quantities. Likewise, once or twice a week, a little garlic should be added to their diet (due to its bactericidal and anti-inflammatory properties). The child's daily diet should be supplemented with foods rich in dietary fiber (usually black bread, unpeeled apples, carrots, cabbage, turnips, greens) to enhance the activity of the gastrointestinal tract. They should eat much fruit possibly every day, in the winter days children of this age should consume fruit juices and canned food. Such nutrition plays an important role in providing their body with the necessary vitamins, minerals and biologically active substances.

Rational feeding of children of kindergarten (3-6) years. When children reach this age, the quantitative distribution of the main nutrients (proteins, fats, carbohydrates) in their diet should be the same as in adults, that is 1: 1: 4. Meals should be diverse in their diet, a variety of meat and meat products, milk and dairy products, vegetables (carrots, cabbage, beets, tomatoes, cucumbers, melons, watermelons, pumpkins, etc.) are regarded. It is the best to replace the sugar in their daily diet with honey or raisins, whenever possible. The sweetness of this product comes in the form of fructose, glucose, which is extremely useful for children of this age. Kindergarten children should consume about 500 g. of milk and yogurt per day, which is important in providing their body with complete protein. For such children, a small amount of garlic is quite useful, in the contrary it is desirable to remove from their daily diet sharp and bitter-tasting substances such as coffee, bitter tea, mustard, vinegar. It is recommended that the total amount of food consumed per day for children aged 2-5 years be 1700 - 1800 g, and for children aged 5-6 years 1900 - 2100 g. In the diet and nourishment of children of kindergarten age, it is important to pay attention to the fact that they should not eat anything between main meals. Children of this age are very fond of sweets. A child who eats at least a little of this before eating loses appetite for the main meal, because the candy or chocolate that falls into the stomach separates the appropriate gastric juice, where the food passes the "hot" time of digestion, the appetite is "deceived" by sweets absorbed by the body. This condition can also be recognized in adults, where it is enough to eat some sweets before meals, eat a salad, drink juice and be patient for 15-20 minutes to "kill" or "curb" the appetite. Their diet should be biologically complete and energy balanced. This is done by selecting the appropriate products in cooking. For example, in the field of proteins and fats, it is advisable not to exceed the norm of meat products, to use more valuable vegetable oils, fiber-rich fruits and vegetables is totally preferable. Foods should be rich in minerals and vitamins that do not disrupt fat metabolism. Natural sources of such substances are fish, beef, lamb and poultry, dairy products, cheese, vegetable oils, buckwheat and oatmeal, greens, fruits and vegetables. Children's energy expenditure depends on their age, living conditions, and activities. Energy expenditure depends on the type and concentration of children's activities and is spent throughout life. This energy must be replenished at the expense of the food consumed by child, otherwise the need for energy will have to be met by the body's internal resources. As a result, the body loses weight, growth stops, the body's protective effect decreases, and the child gradually begins to get tired.

Criteria for determining the ratio of energy consumption in this group of children are determined by all types of activities (games, exercises, physical education, music, painting, etc.), the size of the main volume - rest mode the rate of energy expenditure and physical activity, mental and physical development of children. The difference in the diet of children aged 2 to 3 years and 3 to 7 years is the difference in the amount of essential nutrients, the amount of daily ration, as well as the amount of food per serving. Fish cutlets should be served with meat soufflé.

Children who have been in the preschool for 9 hours should be given three meals a day. In this case, the energy value (kcal) of the meal at the second lunch should not be less than 15%.

In the rational formulation of the diet in the preschool organization, the daily ration and amount of foods should be selected taking into account the needs of children for essential nutrients and their full supply of energy, upbringing and health, as well as climatic and national characteristics of nutrition. In the correct formation of the diet of children, it is necessary to take into account in advance the correct distribution of products throughout the day. Protein-rich products, especially if they are combined with fat, they are stored in the baby's stomach for a long time and require more digestive fluids, so it is recommended to give foods containing meat, fish, eggs in the first half of the day - breakfast and lunch. For dinner, it is advisable to give children easily digestible foods made from milk and vegetables, because the process of digestion slows down during the sleep at night.

When preparing a diet, it is necessary to take into account the fact that biologically valuable products such as milk, meat, butter and cereals, bread, sugar should be included in the daily diet.

Fish, eggs, cheese, sour cream, cottage cheese can't be given every day. Because the daily need for a small amount of them does not allow them to cook separately. But within ten days quantified amount of the specified products must be given. It is advisable for the child to eat two vegetable meals and only one cereal meal during the day. It is also recommended to prepare mixed garnishes from different vegetables.

Every preschool must have a ten-day prospective diet and a specially designed card index of meals.

These files indicate the exact ingredients of food, energy value (in calories), amount of protein, fats and carbohydrates. The use of ready-made cards allows you to easily calculate the chemical composition of food, when necessary, replace one type of food with another of an equal value, and to control the daily quality of children's nutrition. It is important to follow the under-mentioned aspects when preventing food poisoning in preschool organizations. It is necessary to ensure the quality of food products and kitchen-stuff. Appropriate conditions must be provided during the delivery and storage of food products which quality deteriorates rapidly under the influence of the external environment. Instant cooking from perishable product is also considered as an important way. It is important to fully comply with the requirements of hygiene in the initial and thermal processing of food products and their distribution. Kitchens should definitely be provided with adequate refrigeration. The kitchen should have a sanitary culture at the required level. Kitchen appliances must be kept clean constantly. Persons with purulent wounds on the skin, who have a cold, should not be allowed in the kitchen. Today, feeding children in a healthy and prescribed manner is the most topical issue.

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