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THE PLACE AND ROLE OF HEALTHY AND HIGH-QUALITY NUTRITION IN STUDENTS' MASTERY OF EDUCATIONAL ACTIVITIES

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Annotation

Has its own characteristics depending on the age of the student's body, the educational process and living conditions. M is given in lectures and practical classes reducing learning loads, solving and resolving various problems stage - the examination process significantly increases the state of nervousness. Exam strong excitement before and breathing during the exam, blood pressure rise and acceleration of the pulse. Especially the elementary course. Primary lifestyle changes have a major impact on the body of students shows. Increasing the amount of information provided, lower education. The more time is required, the less time it takes to load facilities inability to distribute independently and organize lifestyle properly leads to an increase in mental load.

Keywords

Student meals, breakfast, lunch, tea, dinner.

There are physiological processes in the body of young people that have not yet formed, it is primarily the neurohumoral system, they balance the diet are sensitive to distortion. Education from rural areas to large cities The change in the composition of the food of the recipients has a negative effect on their body.[16]

This is due to the fact that the diet in the village includes more plant products there is. In it sausage, high-grade flour products decrease bowel movements leads to dehydration and constipation. Many students eat during the leak As a result of the violation of the order in them digestion of food, which is called "youth disease." systemic disease develops.[15]

A link has been identified between course weight loss and eating habits: if when a student comes to class on an empty stomach, they have less time to study weakens. According to a number of scientific observations, it flows at a satisfactory price 60% of students are double, 80% of those who study well are triple followed a diet.[1.2.3]

For students studying in the field of technology, the workload is mainly calculated, during the execution of the drawing tables, the strain falls on the viewing system.

The simplest way for a student to adhere to a eating culture is to do little weight control. Overweight or underweight is a key health indicator.[4]

Students should follow the following recommendations when coordinating meals

must:[10]

- Quality natural products in the diet, ie fresh vegetables and fruits, should be milk and fish;[14]

- The peculiarities of the student's body in the formation of the diet and living conditions must be taken into account. Aim to eat four times a day appropriate and 25% of daily consumption breakfast, 35 - 40% lunch, 10 - 15% full tea and 25% - dinner.

Meals should be varied and eaten at a certain time of day.[11]

Dinner should be 2 - 3 hours before bedtime. Juice, candy, apple

- these are a separate (additional) type of food;[13]

- Products with high nutritional and biological value of the diet (vitamins, minerals, calcium, iron, iodine, zinc, semi-unsaturated fats enriched with acids and dietary fiber). Protein foods (beef, chicken, fish, eggs, beef) less than once in the diet should not be;[12]

- Consume coconuts, vegetables and fruits 1-2 times a week

It is advisable to declare it a vegetarian day. At least once a day the diet should include fruits and vegetables (cabbage, beets and carrots), vegetables (salads, marshmallows, juices, etc.), apples, nuts;[9]

- Salads that improve digestion, of course, when eating fatty meat, especially cocaine should be consumed. Consumption of sugar and salt is the norm should not exceed Shakami honey, dried dates or magizga can be replaced;[6]

- A large amount of dietary fiber (keakli) in the diet for the proper functioning of the intestinal system bread, special types of biscuits, soups with wheat keagi,

salads, yogurt, etc.) are added;[5]

- Stabilizes the nervous system and deepens the mind products - carrots, peppers, cabbage, lemons, cherries, walnuts, cumin, yams and fish yogi etc. are recommended.[7]

In short, students need to eat right when they miss classes organization is one of the important requirements for improving the quality of education.

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