

THE INFLUENCE OF NUTRITION ON EDUCATIONAL ACTIVITIES

Abdurashitova Sh.A.

Malikova G.S.

Tashkent Medical Academy

Rational nutrition plays an important role in the life of students, as it has a direct impact on their physical and mental health. During the period of study, students require a high level of energy and concentration, so a balanced diet is the key to successful academic activity.

Abstract

This article highlights the importance of good nutrition for students, highlighting key aspects and providing recommendations to help them cope better and maintain well-being.

Keywords: Healthy lifestyle, students, rational nutrition, unhealthy nutrition, balance, metabolism.

Introduction

In order for nutrition to meet the requirements of a healthy lifestyle, it must provide the body with all the necessary food elements in the required quantity and the required combination. The human body is a complex mechanism. The body must receive all the necessary nutrients: proteins, fats, carbohydrates, vitamins and minerals. Deficiency or excess of certain components can lead to deterioration of health and decreased performance.

Human health depends on how much energy a person receives and how much he spends and how harmoniously all his organs work, providing the necessary level of vital activity. One of the criteria for assessing this condition can be a person's body weight, determined taking into account his height. Excessive or insufficient nutrition has a negative effect on the body.

It is important to eat regularly, and the diet plays a special role. Optimally - 4-5 times a day in small portions. Skipping meals can lead to decreased concentration and deterioration of metabolism. Healthy eating is not only about quality, but also about quantity, because it is important not only to eat the right foods, but also to do so according to the correct diet.

Diversity in diet is essential for health. The diet should include fresh vegetables and fruits, dairy products, cereals, lean meats and fish. A monotonous diet can cause a deficiency of certain elements necessary for health.

Drinking regime. It is important to drink enough water (1.5-2 liters per day). Dehydration leads to fatigue and decreased cognitive abilities.

The impact of nutrition on learning activities. Rational nutrition contributes to:

- improving memory and concentration due to the consumption of healthy fats, increasing energy levels due to complex carbohydrates, which provide a long-lasting feeling of satiety;
- reducing stress levels thanks to magnesium and vitamin C contained in nuts, vegetables and fruits, strengthening the immune system, which is especially important during periods of intensive study.

Nutritional problems among students

Many students face problems with unhealthy eating due to lack of time, limited budget and lack of skills in cooking healthy food. Fast food, convenience foods and junk food lead to a deficiency of nutrients, which can affect health. An improper diet can lead to poor health, decreased academic performance, and health problems.

The main problems of student nutrition:

- lack of time - studies, classes, part-time jobs and personal matters do not always leave time to prepare a full and healthy meal. As a result, students often prefer fast food, semi-finished products and snacks. Limited budget - student life is often associated with financial difficulties, so many choose cheap, but not always healthy products. Lack of funds can lead to an unbalanced diet and a lack of essential vitamins and minerals;
- lack of culinary skills - not all students know how to cook, and the lack of experience and knowledge about healthy eating makes their diet monotonous and poor in nutrients. Availability of unhealthy food - there are usually many fast food establishments around educational institutions, and stores offer a wide selection of unhealthy but affordable products, which provokes students to make less healthy choices;
- stress and irregular eating - high study loads and exam periods can cause stress, leading to skipping meals or, conversely, overeating unhealthy foods.

Recommendations for students:

1. Plan your diet in advance, including healthy and affordable foods.
2. Look for alternatives to unhealthy snacks: instead of chips and sweets, choose nuts, dried fruits and yogurts.
3. Cook at home whenever possible, avoiding excessive consumption of processed foods.
4. Maintain a drinking regimen, limiting consumption of sweet carbonated drinks and coffee.

Conclusion

Rational nutrition is an important factor in successful learning and maintaining the health of students. Excessive nutrition significantly increases body weight, which can lead to obesity, and, ultimately, to various diseases of the cardiovascular system, diabetes,

metabolic disorders, etc. With insufficient nutrition, a person loses weight sharply, his health worsens, his performance decreases, and his immunity decreases. That is why it is so important to follow the rules of rational, balanced and nutritious nutrition. Following simple rules of healthy nutrition will help not only to increase performance, but also to prevent various diseases, ensuring a high quality of life during student years.

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