

INNOVATIVE WAYS FOR FORMING HEALTHY EATING SKILLS IN PRESCHOOL CHILDREN

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Annotation: The article analyzes technologies for healthy nutrition of preschool children, methods and technologies for implementation in kindergarten and at home, and this is justified by scientific facts and hypotheses.

Key words: Outsourcing, healthy nutrition, technology, rational nutrition.

Annotatsiya: Maqolda maktabgacha yoshdagi bolalarni sog'lom ovqatlanirish texnologiyalari, bog'cha sharoitida, uy sharoitida amalga oshirishning usullari va texnologiyalari tahlil qilib berilgan bo'lib, bunda ilmiy faktlar va farazlar bilan asoslab berilgan.

Tayanch so'zlari: Outsourcing, sog'lom ovqatlanish, texnologiya, ratsional ovqatlanish.

Аннотация: В статье анализируются технологии здорового питания детей дошкольного возраста, методы и технологии реализации в детском саду и домашних условиях, и это обосновано научными фактами и гипотезами.

Ключевые слова: Аутсорсинг, здоровое питание, технологии, рациональное питание.

The decision of the Cabinet of Ministers of the Republic of Uzbekistan "On further improvement of the system of healthy feeding in state preschool educational institutions" was adopted. The regulations on the procedure for organizing healthy meals in state preschool educational institutions and the procedure for organizing healthy meals by outsourcing were approved by the decision:

The money saved by organizing feeding in this way will be directed to improving the nutritional conditions of the children.

According to the decision, from the 2019-2020 academic year, the training of specialists in the field of "General nutrition technology and its organization" will be started in the framework of general quotas.

Cooks and assistant cooks of pre-school educational organizations improve their qualifications in the field of healthy eating every 3 years.

The first periods of the child's development directly correspond to the periods of preschool education. At this stage, the formation of healthy eating skills has its own pedagogical, psychological and social significance. "According to the great philosopher Socrates, 70% of the factors that create a foundation for the formation of a healthy child with intellectual potential depend on the family and doctors. Also, 30-35 percent to offspring, 7 percent to generation, intellectual health and upbringing of parents (grandfathers and grandmothers as the root of 7 generations should constantly give food (education, experience, knowledge, etc.) to the next generations), 30-35 percent to daily. The idea that 30-35 percent depends on the diet, foods that increase intellectual potential, enough water, iodine, fish oil, vitamins and minerals, and the skills of teachers, clearly reveals the importance of healthy eating culture in the child's development. According to T. Romyanseva, "every child wants to be strong, energetic, agile, that is, to run without getting tired, ride a bike, swim, play in the yard with children and not suffer from constant headaches and colds. Feeling bad, diseases have a negative impact on the overall development of the child. The task of the kindergarten and the family is to maintain and strengthen the child's health, and proper nutrition is a component of it. The formation of initial ideas about a healthy lifestyle and food culture in children is an important part of

the activities of pedagogues of preschool educational institutions. "In preschool educational institutions, a child learns to follow a daily routine, eat properly on time, follow the rules of personal hygiene, and strengthens the knowledge and skills he has acquired in the family environment. In this study, the concept of "healthy eating" was studied in connection with the concept of rational nutrition. Because today the concepts of healthy food, proper food and rational food are used equally. But directly related to the formation of healthy eating skills of children in preschool educational organizations, it increases the possibilities of a clear approach to the subject pedagogically. "If the consumed food ensures the recovery of the body, satisfies the need for lost energy, contains the necessary amount of proteins, fats, carbohydrates, vitamins, micro-macroelements, plant fibers, and nutrients and their It is called rational nutrition if its composition and quantity correspond to the activity of enzymes of the digestive system. In other words, the food consumed should meet the real needs of a person. The word "rational" is derived from the Latin language, and the phrase "ration" means a daily amount of food, while "rational" means the idea of eating food in accordance with the purpose, with intelligence. Considering the example of children of preschool age, "the body of children of preschool age continues to grow rapidly, the formation of organs and systems continues, exchange processes take place at a high speed. The central nervous system develops rapidly. By the end of the preschool period, the child will master all basic movements and speech will be well developed. They are characterized by high movement activity, which requires a lot of energy. Such development of the child's organism requires a lot of substances necessary for the structure of cells, primarily proteins, vitamins and minerals. Therefore, feeding preschool children differs in quantity and quality from feeding toddlers. In the recommendations of the UN World Health Organization on healthy nutrition, "nutrition can change over time through various social and economic factors, their complex interaction and individual patterns of nutrition. These factors include income, food prices, food availability, individual preferences, cultural traditions, as well as geographical and environmental factors. Also, "improving eating habits is not only a personal problem, but also of social importance. Therefore, it is case-based, multidisciplinary, multifaceted and requires a culturally appropriate approach." Based on the above, a healthy diet is directly related to the consumption of food products, taking into account their effects on human health in different stages of development and beneficial and at the same time harmful aspects for the full functioning of the body. we can use the definition "to consume in the morning and at the right time". Today, it is necessary to "solve the existing problems of educating the growing young generation as a well-rounded human being, ensure the effectiveness of education and training based on the requirements of the times, and achieve the level of world requirements, national and forming and improving the essence, content of education by relying on universal human values, enriching the rules and laws of the science of preschool education pedagogy based on the rich experiences of our people and searching for its new aspects" is an urgent problem facing preschool education pedagogy. Skills corresponding to the developmental characteristics of the child, formed in the environment of the preschool education organization, will be important in his later life. That is, the development of the human personality goes through several stages. Each successive stage is closely related to the previous one, the previously achieved stage is higher, it is integrated into the structure of the stage. The development formed at the early age stage is not temporary, but permanent for a person.

In the scientific literature, the concept of "skill" is given the following definition: "The knowledge mastered by a pupil or student is the ability to perform a specific practical action." "Skill, competence acquired in a job" is the ability of a person to perform a certain activity or action based on previous experiences. Skills are a component of activities related to practical activities, the ability

to apply knowledge in practice. Skills are methods of successfully performing an action in accordance with the purpose and conditions of the activity. It is always based on knowledge, it is the basis of skill (qualification). Skills are divided into practical (physical) and mental, and simple and complex types in terms of content. Practical skills are directed to the implementation of labor activities, intellectual skills are directed to acquiring knowledge and mastering it. Skills should not be confused with knowledge, because knowledge is expressed in judgments (reflections) that accurately reflect reality. And skills are more embodied in mental and physical actions. Based on these definitions, "healthy eating skills" are "practical and mental actions that are formed and improved on the basis of knowledge and experience on proper and rational nutrition at different stages of development." Today, in developed countries, from the age of three, in the environment of preschool education organizations, in cooperation with parents, it is recognized that children should follow various rules, form conditional reflexes, and in other ways, form the culture of eating in children. In particular, researchers D.Birch and A.Ventura emphasize that parents have a strong influence on children in terms of eating habits and food choices, and that such an approach has a negative effect on children's independent choice of food, i.e., autonomy. will tell. Based on children's psychological characteristics, although parents always try to give their children the foods they like or limit them for certain purposes, the main thing is that "food choices and preferences between adults and children not the same." Therefore, it is necessary to form proper eating habits, that is, skills, in children themselves. Today, in the countries of the world, more and more attention is being paid to the formation of healthy eating skills in children as a component of the practical activities of preschool educational organizations.

Based on the above, the formation of healthy eating skills in children in preschool educational institutions:

- it is a unique component of strengthening the health of the young generation in our country, bringing up a healthy and well-rounded generation;
- as an important element of healthy lifestyle and healthy eating culture in children, it is one of the current problems of preschool education pedagogy today;
- the conditions created by the state for healthy feeding of children in pre-school educational organizations today also determine the necessary pedagogical conditions for the formation of healthy eating skills in children;
- formation of children's healthy eating skills in preschool educational organizations also serves to improve the professional skills and qualifications of the pedagogical team in this regard;
- today, forming a culture of healthy eating in children is an important pedagogical process that is considered necessary for the education of preschool children. The fact that Uzbekistan has its own experience, technology and methods allows for more active integration into the international educational environment.

In conclusion, it should be noted that the provision of nutrients, micro- and macro-elements, and vitamins necessary for the proper growth and healthy maturity of children has improved with the organization of outsourcing feeding in preschool educational organizations. . With the introduction of a new approach to the field, i.e. with the introduction of catering experts (technologists, qualified chefs), new recipes and ensuring compliance with the rules of technology in their preparation, equipping and repairing kitchens, and creating conditions that meet the necessary sanitary requirements. food safety requirements for feeding have also been met.

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