

## VITAMINS. THE COMPOSITION OF CHILDREN'S DAILY FOOD. PROPER FEEDING OF CHILDREN

Nishonova Dilafruz Tojimatovna

Farg'ona davlar universiteti Jismoniy madaniyat fakulteti

### ANNOTATION

Children's diet has its own characteristics, but it is about their knowledge, the ability to provide the child with all the necessary nutrients, vitamins are also calculated from the nutrients needed by the body, such as fats, proteins, carbohydrates, mineral salts, water, and the vitamins needed for children.

**Keywords:** children, vitamins, protein, calcium, carbohydrates, mineral salts, organisms, nutrients, food.

According to the laws of nature, food must provide the entire body with nutrients. Nutrients for adults are necessary for normal life, and in the child it is still not enough. It needs to grow and develop. Therefore, it is very important to monitor the diet of children, as well as daily living. For full development of offspring, good balanced feeding is necessary. From birth to 1 year old, the baby grows up and develops rapidly, gets a lot of sleep, often wakes up. Recently, in the first year of his life, the principles of feeding children have changed. There are three principles for feeding children up to a year:

- natural feeding. In this case, the baby receives all the necessary substances from the mother's milk;

- artificial. In such a diet of the baby absorbs milk mixtures, enriched with all vitamins and nutrients;

- mixed food. When a child receives mother's milk and supplementary milk-formula nutrients. Nevertheless, many experts believe that the best way to feed the baby naturally.

The child continues to actively develop when he reaches preschool as an adult. First, not physical development, but mental. Therefore, at this age, as preschoolers, it is important to provide young individuals with fresh vegetables and fruits. You need to feed them in the form of your child's favorite. There are limitations for this age. It is best to limit the feed to meat of the fried form, limited and poorly roasted. In addition, rectification and very pepper food are also worth it. It is necessary to diversify the daily ration of meat, vegetables, fruits, soups, enzymes, meat, dairy products. In order not to spoil the sweet eggs, it is best to give after eating. It is also better to monitor the diet.

The diet of babies has its own characteristics, but knowing them, it is possible to provide the child with all the necessary nutrients. It does not include preservatives, stabilizers, dyes and other chemicals for food. A smart and moving kid won't stop cheering you on with his wins.

Proteins, that is, proteins, play an important role in the healthy, normal growth, health and development of the human body. They perform two different physiological functions in the body, namely plastic and energy. The plastic importance of proteins is such that they are part of the entire cell and tissue component. The energetic function of proteins, on the other hand, is that when they break down, energy is generated, for example, 4.1 kcal when 1g of protein is broken down. it separates energy. This energy is used to keep the human body at the same time, to

operate internal organs normally, to move a person, and to do other work. Depending on the number of amino acids in the protein molecule, proteins are divided into quality and poor-quality types. Oxygen containing all the amino acids for the body is called quality proteins. They are in animal products (meat, fish, caviar, dairy and dairy products). Proteins that do not contain certain amino acids are called poor-quality proteins. They will be in bread, bread products. For normal growth and development of the organism of children, quality proteins in the daily diet should be 80-90%. The low content of quality proteins in children's food slows growth and development, decreases resistance to infectious diseases, reduces the nervous system's dignity, and decreases mental functioning. The resulting embryo was allowed to nutrients and then inserted into her womb, where it implanted.

If children do not follow a healthy eating pattern and do not take the necessary nutrients, it affects their mental and physical activity and causes certain adult diseases, such as ischemic heart cancer.

What is needed for another organism is vitamins. Vitamins are also one of the nutrients needed by the body, such as fats, proteins, carbohydrates, mineral salts, and water. There are more than 40 types of vitamins that affect the growth of the body, the conversion of mode, immune system, cardiovascular, and nervous system function. If a vitamin does not enter the body at all, it is called avitaminosis, a lack of hypovitaminosis, and hypervitaminosis. Each vitamin performs a different function.

A vitamin is called growth vitamin. It is important in the growth and development of the body, in maintaining the condition of the upper layer of the skin normally, and in ensuring good eye sharpness.

Therefore, for our children to grow up healthy, we need to pay attention to the fact that they consume calcium-rich things in vitamins and protein. Young people are our future.

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