

**ORGANIZING RATIONAL FOOD FOR CHILDREN ENGAGED IN CPORT TYPE**

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**ABSTRACT**

A chess player, who is considered a mental sport, needs to know what nutrients he needs for his mental activity. Proper rational nutrition is very important for a chess player. A person engaged in light physical or mental work should consume 3000-3200 calories per day. Overeating is harmful. Body weight should be monitored regularly.

**Keywords:** mental sport, daily ration, protein, fats.

Most often, champions eat dairy cereals, cottage cheese, chocolate, meat and seafood, fish useful, it contains Omega 3 fatty acid, has a good effect on the circulatory system and the brain. Bitter chocolate and egg yolk contain a very useful substance - lecithin, which is considered a source for the synthesis of acetylcholine (a neurotransmitter) in our brain. Also, chocolate contains simple carbohydrates, which quickly raise blood sugar levels. Nuts, Like fish, it is rich in fatty acids, high in protein and high in calories

Chess players engaged in serious mental work should eat meat, fish, cottage cheese, rye bread, peas and potatoes. Group V vitamins (V1, V2, V6, V12) contained in these products have a positive effect on the nervous system.

The presence of a sufficient amount of vitamins in food creates a basis for metabolism, resistance of the body to infectious diseases, slows down the development of atherosclerosis, normal functioning of the nervous system, and an increase in work capacity.

It is advisable to include basic products in the daily diet: meat, fish, fats, dairy products, vegetables and fruits. The most important thing is that the food contains enough vitamins and minerals necessary for the body. Especially important is vitamin C, which participates in the processes of oxidation and respiration, activity of enzymes and hormones, prevents the development of atherosclerosis. This vitamin is contained in mulberries, black currants, citrus fruits, and apples. Fresh greens, onions, peas are also useful.

Vitamin A is needed for growth and good eyesight. There is a lot of this vitamin in fish oil, egg yolk, and dairy products. Vitamin A is in the form of carotene in vegetables.

It should be noted that regardless of age, sex, health status and the physical load performed, the main rational nutrition of a person is the diet.

The meal schedule is as follows: breakfast at 9.00, lunch at 13.00, dinner at 18.00. Hot food, porridge, sandwich, tea or coffee are recommended for breakfast. The second breakfast is also useful. Lunch is very useful if it consists of three dishes. Special attention should be paid to sweets, excessive consumption is also harmful. This leads to the exhaustion of the organization. Many chess players like sweets because brain activity is stimulated by the consumption of sweets. In addition, a chess player should also monitor his figure. Excess weight, impatience prevents concentration in front of the chess table. It should be noted that during competitions, a chess player should eat more sweets (preferably natural honey) and vitamins. During the 3-4 hours of the game, he should drink a glass of black coffee or bitter sweet tea.

Competitors are nervous before important moments, their bowels are loose, they have frequent bowel movements.

During the competition, each chess player can eat a few pieces of chocolate, but it is not necessary to eat a large amount.

The special diet and diet of athletes helps to raise the functional state of the body to a high level during training and competitions. As a result of the violation of nutrition and daily routine of highly skilled chess players during competitions, sports results deteriorate, mental-emotional disorders and fatigue are observed for a long time after the competitions.

A chess player needs to sleep soundly. Sleep is a protective process that protects the nervous system from fatigue.

When the cerebral cortex is occupied by sleep inhibition, various vital functions slow down - the whole body rests. The heart begins to beat quietly, breathing less and deeper, blood pressure decreases, muscles relax. Brain activity decreases during sleep. During sleep, the nervous system rests, at the same time complex biochemical processes take place, energy reserves are formed for further activities. Therefore, a chess player should sleep 8.5-9 hours. You should go to sleep at the same time and wake up at the same time. The best time is 23.00–23.30 in the evening. from 7:30 to 8:00 a.m. need to sleep until Sleeping too much is just as bad as sleeping too little. People who sleep too long are usually careless, pale, lazier. It is impossible to eat a full meal before going to bed, drink sleep-inducing drinks: bitter tea, coffee, energy drinks, and alcoholic beverages. Daytime sleep (about one hour) has a good effect on most chess players when they are free during the breaks during the matches, walking after waking up (about two hours before the game) is very useful.

Regarding the current issues of chess hygiene, it is worth saying that a chess player needs to saturate his brain with oxygen. The human body requires oxygen in unequal amounts. Also, 100 g of brain matter absorbs about 10 milliliters of oxygen per minute, which is 8 times more oxygen than the heart. If there is a small lack of oxygen, it affects the activity of the brain, the ability to work decreases.

A chess player sitting around the table also does not help to breathe normally and ventilate the lungs well. The breathing of a chess player who has not sat properly for five hours deepens, blood stagnates in the lower part of the lungs, arms and legs, and in the abdominal cavity, which leads to temporary disruption of blood circulation and lack of oxygen in the brain. This is a situation that players often complain about 4–5 hours into the game, leading to cases of chess neglect. In order to prevent this, it is necessary to walk around and breathe fresh air without wasting time while looking for ways to play towards the opponent.

The organizers of the competition should pay special attention to the lighting system of the building, it is important that the light does not fall into the player's eyes and does not reflect on the chessboard.

Research shows that green, yellow and white colors have a positive effect on the human nervous system. For this reason, the walls of chess clubs where competitions are held and the rooms where training is held should be in these colors.

## CONCLUSION

A chess player's adherence to personal and public hygiene contributes to good sportsmanship. A chess player, like any athlete, should monitor the condition of the skin, which performs a number of important functions for the body (heat exchange, release of metabolic products, participation in respiration). Every day, after hygienic gymnastics, it is necessary to gradually warm up the body, wipe it with water or wash it. Exercise protects against colds (flu, angina, pneumonia, bronchitis, inflammation of the upper respiratory tract), which is very important for a chess player. It should be noted that the form, method, and duration of exercise correspond to the state of health.

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