

Healthy eating rules for young teenagers

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Abstract: It is very important to talk about the rules of proper nutrition for young teenagers, because young teenagers have actively developing organisms, proper nutrition provides them with energy and new information it is very important for them to get This article examines the scientific evidence for healthy eating habits for young teens.

Key words: diet, vitamins, good nutrition, adolescence, healthy eating.

Introduction: Eating is a constant need of every living being, and the energy (energy) necessary for all its actions related to living, physical and mental work, and for the functioning of all systems and organs is only food. taken with food. In addition, the construction or plastic material necessary for the constant renewal of tissues and cells, and in young organisms for growth and development, is also formed with nutrition. Another aspect of the matter is that the food consumed, whether it is less or more than the norm for the same organism, causes the corresponding diseases. For example, undernourishment or starvation in most cases leads to infectious diseases, while overeating leads to specific chronic diseases. In both cases, the family, then the state, and the general budget of society are significantly damaged by the temporary inability to work or unfitness due to illness, excessive expenses related to medicines. That's why, since the beginning of mankind, nutrition has been considered as the most important factor of the external environment affecting its health, growth, active work and longevity. The rules of proper nutrition for young teenagers are as follows:

1. Good nutrition: Meals given to a young teenager should be good, healthy and consist of a wide variety of products. Therefore, make sure that your meals contain fruits, vegetables, eggs, yogurt, and wheat products.

2. Eating in style: It is recommended to prepare food for young growth without adding more salt. In this way, it is important to keep the form of cooking food (butter, cheese or wheat product) and their simple appearance.

3. Providing meals with co-eaters: It is recommended to provide foods that appear to the young adult with co-eaters. Through this method, the youngster can be introduced to other people's food and they can mature with other people's food.

4. Eating Right: No matter how much you eat while growing up, don't forget to eat right. We recommend that you place the dishes on the fence and use the bottom gun to ensure that they are well directed.

5. Fast food preparation: It is advised to offer fast food to young adults. This method will save you time and will not harm your young grower.

These are:

- Dry fruits
- Notes
- Yoghurt
- Carrots
- Eggs
- Wheat products

We hope that using these recommendations, your young grower will eat in a healthy and healthy way!

Healthy eating rules for young teenagers can include:

1. To provide teenagers without habits such as applying before going to meals, drinking water, and not being invincible.
2. Maintaining a proper and regular diet. It is advisable to set a meal time and see how to eat according to this time.
3. Strive to prepare local dishes again through local and organic products.
4. Each meal should consist of a large portion of vegetables.
5. Limit the use of small supports (snack).
6. Provide less chocolate, candies and other sweets.
7. Increase the amount of fat, fruits and tobacco (protein) in meals.
8. Show nutrition facts to teenagers and advise them to know their nutrition facts.

If these rules are followed, young teenagers will be guaranteed a healthy lifestyle if they eat right.

To write an article about the rules of healthy eating for young teenagers, you can include the following concepts:

1. Importance of nutrition: In the article about healthy nutrition for young teenagers, you can talk about how important nutrition is for all people. This provides a great role for young people to learn about healthy eating and practices that apply to the next life.

2. The main principles of proper nutrition: In the article, the main principles of proper nutrition for young teenagers are to respect other people, to follow clear rules and regulations, and to eat healthy meals. show tips on selection and preparation.

3. Tips for selecting catered meals: Provide tips and advice on the best ways to select and prepare high quality catered meals. This will increase the choice of nutritious foods for young people and help them to have good health.

4. Relation to the foods eaten: In the article, show the tips that require the relationship with the rules of proper nutrition for young teenagers. This is where you need to use academic knowledge in a field that you can use later in life.

5. Recommendations that protect the practice of relaxation and dangerous situations: You should also discuss the recommendations that require relaxation in practice when implementing the rules of healthy eating for young teenagers.

Based on these concepts, several informative messages on the topic of "Rules of proper nutrition for young plants" are considered. It will be possible to choose high-quality foods and get them healthy.

The following are the main rules of proper nutrition for young teenagers:

1. Different types of food. Vegetables, fruits, grains and rice are important in providing additional nutrients and vitamins.

2. Price Birth Meals: Foods that contain the necessary substances for the body to provide energy, such as flour products, dairy products, bread and sieves should be made.

3. Sweet Aston: Sweets, such as almonds, almonds, and almonds, are important in providing energy and in developing and writing as substances change.

4. Ghani-Kuruk Products: Due to sweets such as pomegranate, garnet, alpukhor, the pursuit of exotic foods will be revived.

5. Dairy Products: Milk, buttermilk, cheese, yogurt products are very important in providing essential nutrients for young teenagers.

6. Fast food products: Fast food products such as wedding cakes, halva, macarons, pilaf increase physical energy and dehydrate your body.

7. Sectional Products: Products such as meat, bananas, apples, breakfast cereals, dishes for high needs are important for the quality of organs and energy supply.

The rules of proper nutrition for young adolescents are fully explained in this thesis, their implementation has a great impact on the social, physical and mental

development of young adults. Following these rules will help you maintain your health and grow with benefits.

The principle of proper nutrition determines how many times a night and when it is appropriate to eat. According to the guidelines created in the previous period, the accepted norms indicated that a person should eat four or five times a day, and a very small amount of space was given to dinner. It should also be mentioned that it would not be a mistake to say that eating in this order was determined without taking into account the specific living conditions, national traditions, and customs of all peoples. For example, in many villages of our Republic, on hot summer days, lunch does not occupy the main part of the daily meal, as in the mentioned standards, people often eat melon-watermelon, fruit-cheva or yogurt products (for example, chalap, buttermilk) with bread. they eat, and hot food is eaten as soon as it cools down in the evening. The morning breakfast also consisted of light food (such as tea with grapes and fruits) instead of hot food. This type of eating has been passed down from generation to generation and has become part of the lifestyle of our people. It is also important that when to eat should be determined based on the physiological state of the body. The first thing to pay attention to is the formation of a good feeling of hunger. The principle of proper nutrition requires the implementation of meal times based on natural biorhythms. Biorhythms play an important role in every physiological function in the body, including the secretory, movement and absorption processes of the digestive organs. "There is no stronger ruler than rhythm in the human body. No member can get out of rhythm" (IPPavlov). That's why eating for a formality without being hungry for a long time or after being hungry for a long time prepares the ground for digestive disorders in the gastrointestinal tract and, therefore, the emergence of various diseases.

All products used for food can be conditionally divided into "useful" and "harmful" types. It is recommended to include useful products in the daily diet: they are rich in amino acids, vitamins, micro- and macroelements, fatty acids, fiber. In addition, they are easily digestible, do not slow down the metabolism and do not have a harmful effect on health.

These products traditionally include:

1. Fresh fruits and vegetables (vitamin C, fiber).
2. Cereals and porridges made from them (vitamins B, E, magnesium, potassium, folic acid).

3. Dried fruits and nuts (vitamins, fatty acids, protein).
4. Poultry meat (protein, amino acids, vitamins A, B, E).
5. Fish and seafood (protein, polyunsaturated acids, vitamins D, E, B12, calcium, phosphorus).
6. Dairy products: sour cream, cottage cheese, yogurt (calcium, protein, amino acids, vitamins D, A, B12, carbohydrates).
7. Green tea (vitamins, minerals, polyphenols).
8. Cold pressed vegetable oils (phospholipids, linoleic and other polyunsaturated acids, vitamins A, D, E).
9. Honey (vitamins, minerals, glucose, fructose, phytoncides, quickly digestible carbohydrates).
10. Cereal bread (fiber, enzymes, amino acids).

A healthy diet can be understood as the right combination of these products, because they provide the body with undoubted benefits and are able to not only be healthy, but also strengthen it. For example, nutritionists recommend eating vegetable salads with olive oil along with grains cooked in water.

Conclusions and suggestions There are three main principles of proper or rational nutrition, namely quantity, quality and order, and their strict adherence to them is important in achieving good health. The principle of quantity in rational nutrition is that the total energy (in terms of calories) in the daily food consumed by everyone corresponds to the energy spent for all activities during this period, that is, for the total physical and mental work performed, all the It ensures that the functioning of the systems corresponds to the total energy used for the synthesis of biologically active substances.

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