

Healthy nutrition is an important factor in educating a healthy generation

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Annotation: This article is devoted to the educated foundations of a healthy diet, describes the importance of educating a healthy generation, and gives a scientific and practical classification of experience.

Key words: healthy eating, healthy generation, Abu Ali ibn Sina, family, education, human factor.

Strengthening the human factor in the development of the state and society, maintaining its health, ensuring its future is inextricably linked with healthy nutrition and its culture. Healthy nutrition is an important criteria that determines human health, life extension, changes in the cultural and spiritual world and is the subject of constant scientific research. Indeed, in any historical period, ensuring human health, especially the maturity of young people, improving social living conditions is a priority direction of state policy, and the relevance of studying the educational foundations of healthy nutrition is as follows:

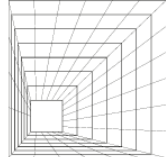
Firstly, since the majority of the population of our republic is young people, as part of reforms in the field of their health, measures related to their healthy nutrition are being implemented. In general, the formation of a healthy lifestyle has risen to the level of state policy; in particular, the need to study the medical, social, educational and pedagogical aspects of healthy nutrition among young people is increasing.

Secondly, since healthy nutrition is directly related to the consumption of quality products, education, culture and spirituality, it is of great practical importance for studying, analyzing and finding solutions to pressing problems of its development for young people.

Thirdly, the humanistic meaning of healthy nutrition is to promote health and educate the mature generation. Rather, it should become our duty” [1].

Fourthly, at the present stage of development of society, preserving the purity of the nation’s gene pool and raising a physically and spiritually strong generation has become the world’s largest social problem. “For this reason, it is necessary to formulate the principles of a healthy lifestyle among young people, to protect them from drug addiction, immorality, all kinds of harmful influences coming from outside, threats and dangers under the guise of “popular culture”, not to remain outside our attention for a minute” [2] requires us to pay special attention to the nutritional culture of young people.

Recently, many popular science brochures and articles, textbooks and manuals have expressed different views on healthy eating. In some cases, the concept of “healthy nutrition” is given in the context of “rational nutrition”. Since the content of our article is related to



healthy nutrition, we considered it necessary to provide specific definitions of this concept. According to nutritionists and hygienists, “Healthy nutrition is a factor that accelerates growth, normal development and life of the body, improves health, and increases the ability to fight disease” [3].

Regardless of how the concepts of “healthy nutrition” or “rational nutrition” are used in public publications (articles, brochures, textbooks, manuals and other printed publications), their content reflects the medical, spiritual, cultural, socio-philosophical aspects of nutrition. Of course, healthy nutrition means not only consumption of foods in the prescribed manner (rich in essential microelements), but also a process that requires a certain spirituality and education.

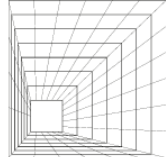
The scientific heritage of our grandfather Abu Ali ibn Sina contains many recommendations on healthy eating. In his opinion, “...choosing what to chew and drink, protecting the body from waste... [4] In the recommendations mentioned above, a person needs to have some knowledge in choosing the right chewable products.

Today's youth spend most of their time in educational institutions, businesses and other activities. From this point of view, they focus on foods that can be eaten quickly and do not take up much time. Of course, it may happen to them in some way, but they may not have specific knowledge about the side effects on their health. An example of this is fast food (hot dogs, hamburgers, etc.). Such products may satisfy nutritional needs, but do not guarantee-improved health. Although there are many publications and opinions in the media, it still remains a specific food in the diet of young people.

Neglect of the eating habits of young people, lack of information about them, improper consumption of sweets and juices (coffee, alcohol) with sweet and narcotic properties, the influence of nutrition on human health, inability to organize nutrition according to age and workload, constant hunger for the sake of maintaining altitude harms his health because for neglecting such negative situations. This attitude towards food... leads to diseases of the cardiovascular, endocrine, digestive and immune systems, as well as overweight and underweight”.

Diet is the main indicator of culture, and, according to the recommendations of scientists, “Meals 4 times a day - approximately 25% should be for the first breakfast, 15% for the second breakfast, 35% for lunch, 25% for dinner”. Based on this, “...25% of the daily diet of students, mainly young people, should consist of breakfast, 35-40% lunch, 10-15% afternoon snack and 25% dinner”.

The main subject of introducing and ensuring healthy nutrition is the family. The physical and spiritual maturity of a boy or girl raised in a family is determined by the quality of food they eat, the way it is prepared and interaction with their parents. The participation of children in the cooking process (this refers to older children) not only encourages them to work hard, but also serves to acquire parental knowledge about healthy eating. For this, of course, it is necessary that the parents themselves have practical skills and experience in quality nutrition. “Deceiving” children with processed foods weakens their spiritual world and life experience in the future. Simple food prepared with love by the mother strengthens the child's relationship with her.



Since healthy nutrition is an important criteria for promoting human health, we must adhere to it in the future, and also leave important experiences and moral foundations in this regard to future generations.

Based on the above opinions, the following general **conclusion** can be drawn:

- **firstly**, the promotion of healthy nutrition, its use shows the possibilities of educating the mature generation;

- **secondly**, studying the basics of healthy eating reveals important content aspects in the development of new facets of education;

- **thirdly**, the implementation of scientific and practical projects related to healthy nutrition serves the effectiveness of educating the mature generation;

- **fourthly**, a more in-depth study of the methodological foundations of healthy nutrition from a modern pedagogical point of view and strengthening their implementation in education acquires decisive importance in the development of science and education.

To develop a healthy diet in the education of the mature generation, the following is **recommended**:

- human health has been the most important social problem since time immemorial, ensuring the priority of healthy nutrition and education in order to create a healthy lifestyle;

- development of natural science, medical, philosophical, aesthetic, ethical, religious, political, legal, ideological, economic foundations of healthy nutrition;

- enrichment of medical and social-humanitarian disciplines taught in educational institutions, vocational and higher educational institutions, with scientific materials on hygienic, environmental, culture of life, nutrition - philosophy of a healthy lifestyle;

- provision of materials under the heading "Healthy nutrition and education" in the media and ensuring public activity.

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