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Formation of Proper Nutrition in Children

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ANNOTATION

The article discusses the importance of protecting children's health through a healthy diet for preschool children, preventing the occurrence of various diseases through malnutrition, the characteristics of the child's body, healthy and safe eating habits.

KEYWORDS: *proper nutrition, child development, calories, proteins, fats, carbohydrates, trace elements, nutrition, diet, regime, menu.*

Among the many diverse factors that constantly affect the development of the child's body and its health, nutrition plays an important role. The nature of nutrition in early childhood leaves an imprint and affects the further development of the child and his state of health not only in childhood and adolescence, but also in adulthood.

What is meant by proper nutrition and what should it be for a preschool child?

Proper or rational nutrition is a diet that provides strengthening and improvement of human health, physical and spiritual strength, prevention and treatment of diseases. In a word, proper nutrition is a healthy diet.

The nutrition of a preschool child should be:

Firstly, it is full-fledged, containing the necessary amounts of proteins, fats, carbohydrates, minerals, vitamins, water.

Secondly, it is diverse, consisting of products of plant and animal origin. The more diverse the set of products included in the menu, the more fully the need for food is satisfied.

Thirdly, it is benign - it does not contain harmful impurities and pathogenic microbes. The food should be not only delicious, but also safe.

Fourth, sufficient in volume and calorie content, cause a feeling of satiety. The nutrition received by a preschooler should not only cover the energy consumed by him, but also provide the material necessary for the growth and development of the body.

Characteristics of the main components of food Proteins are of particular importance, since without them the construction of the main elements of organs and tissues cannot be carried out. They cannot be replaced by other food substances.

Protein sources are meat, fish, milk and dairy products, eggs (animal proteins), as well as bread, cereals, legumes and vegetables (vegetable proteins). The lack of proteins in the child's diet not only slows down normal growth and development, but also affects the function of the brain and the work of the body's immune system. Therefore, proteins should be constantly included in the diet of preschoolers and schoolchildren.

Fats are a source of energy, take part in metabolism, and contribute to the development of immunity. Sources of fats are butter and vegetable oil, cream, milk, dairy products (sour cream, cottage cheese, cheese), as well as meat, fish, etc.

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Carbohydrates are the main source of energy, promotes the absorption of proteins and fats in the body. They are contained in beetroot, cane sugar, honey, berries, fruits. They are quickly absorbed in the body and ensure the maintenance of blood sugar. Complex carbohydrates are found in flour, potatoes, and vegetables in the form of starch.

An excessive amount of carbohydrates leads to metabolic disorders.

Water is of great importance in the diet, since life processes cannot occur without it. A day for a child needs about one and a half liters of water.

Mineral salts and trace elements are the building material for organs, tissues, cells and their components. It is especially important to ensure their intake into the body during the period of active growth and development of the child.

Minerals are divided into two groups depending on the content in the body: macronutrients, or mineral salts (sodium, potassium, calcium, phosphorus, magnesium, chlorides, sulfates, etc.) and trace elements (iron, copper, zinc, chromium, manganese, iodine, fluorine, selenium, etc.). The content of macronutrients in the body can be up to 1 kg. Trace elements do not exceed tens or hundreds of milligrams. The greatest amount of trace elements and minerals is contained in the following products:

- calcium and phosphorus - in milk and fermented milk products, fish, eggs, legumes;
- magnesium - in various cereals (bread, cereals, legumes);
- Iron – in liver (pork and beef), oatmeal, peaches, egg yolk, fish, apples, greens, raisins.

Vitamins - there should be a sufficient amount of all vitamins in the daily diet. Vitamins are necessary for the normal course of biochemical reactions in the body, the assimilation of nutrients, the growth and repair of cells and tissues. Vegetables, fruits, berries are a rich source of mineral salts and vitamins. However, in the process of culinary processing, these substances are largely lost. Therefore, children should be given more vegetables, fruits and berries in raw form and enrich ready meals with vitamins by adding raw juices and herbs to them.

Catering, diet, regime and sample menu:

In accordance with the principles of nutrition of preschool children, the diet should include all major food groups.

It is preferable to use lean beef or veal, chicken or turkey from meat. Sausages, sausages and sausages are less useful. By-products serve as a source of protein, iron, a number of vitamins and can be used in the nutrition of children.

Recommended fish varieties: cod, pollock, hake, walleye and other low-fat varieties. Salted fish delicacies and canned food are recommended to be included in the diet only occasionally.

Milk and dairy products occupy a special place in children's nutrition. It is a rich source of easily digestible protein, calcium, phosphorus and vitamin B2.

Fruits, vegetables, fruit and vegetable juices contain carbohydrates (sugars), some vitamins, trace elements, as well as useful substances such as pectin, fiber, dietary fiber and others. These products improve the functioning of the digestive system, prevent constipation.

Bread, pasta, cereals, vegetable and animal fats are needed, especially buckwheat and oatmeal. Vegetable oil as a seasoning for salads allows you to digest many useful substances contained in vegetables.

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In total, a 4-6-year-old child should receive: proteins and fats about 70 g, carbohydrates about 280 g, calcium 900 mg, phosphorus 1350 mg, magnesium 200 mg, iron 12 mg, zinc 10 mg, iodine 0.08 mg, vitamin "C" 50 mg. The intervals between meals should be no more than 3.5-4 hours.

An important condition is a strict diet, which provides for at least 4 meals. Moreover, 3 of them must necessarily include a hot dish. At the same time, breakfast accounts for approximately 25% of the daily calorie content, lunch 40%, afternoon tea - 15%, dinner - 20%.

Breakfast: the child should be given porridge, egg or cottage cheese dishes, meat, fish, tea or coffee drink with milk, bread with butter, cheese.

Lunch: it should contain vegetable salad, meat, chicken or fish broth with vegetables, cereals, a second course of meat, poultry or fish with a side dish and dessert in the form of jelly, compote, drink, fresh fruit or berries, fruit puree.

Afternoon snack: the child should drink a glass of milk, kefir or yogurt, eat cookies, cheesecake or bun, fruit.

Supper: it is better to give vegetable or cereal dishes depending on the breakfast; meat and fish dishes, especially fried, should not be given.

At the same time, some foods are extremely undesirable in the diet of a preschooler. Not recommended: smoked sausages, canned food, fatty meats, some spices: pepper, mustard and other spicy seasonings. To improve the taste, it is better to put parsley, dill, celery, green or onion, garlic in food. The latter, in addition, have the ability to restrain the growth of pathogenic microbes. The taste of food can be significantly improved if you use some sour juices (lemon, cranberry), as well as dried fruits

It is preferable to drink weak tea with milk, a coffee drink with milk, juices, a decoction of rosehip. It is necessary to exclude any carbonated drinks from the diet of preschoolers. Marshmallows, marshmallows, marmalade, honey, jam, jam are recommended as sweets.

The results of the assessment of the quality of nutrition of preschool children and blitz surveys of parents show that many children do not receive iodized salt, milk and fermented milk products, fish and fish products, meat and meat products in their daily diet. But the daily consumption of confectionery and bakery products is 80% of the total diet.

Often children prefer to eat pizza and chips instead of porridge; sausages and sausages instead of hot meat and fish dishes. Children do not want to eat what is useful and necessary for their health, and parents often indulge them in this and do not always care about the organization of proper and rational nutrition of their babies at home.

Recommendations for parents on the nutrition of young children:

Proper nutrition of a preschooler depends entirely on the parents.

First of all, it is necessary to know and remember that the nutrition of a preschool child should differ markedly from the diet of parents.

Heat treatment of products by frying is undesirable, it is better to cook steamed or baked dishes.

The daily menu of a preschooler should not contain dishes similar in composition. For example, if porridge is offered for breakfast, then it is better to give a vegetable dish for dinner.

If your child attends kindergarten, where he receives the nutrition necessary for his age four times a day, then the home diet should complement, and not replace, the kindergarten diet. To this end, parents, having familiarized themselves with the menu, at home should give the baby exactly those products and dishes that he did not receive during the day.

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It is better to exclude breakfast before kindergarten; otherwise the child will have a bad breakfast in a group. In extreme cases, you can give him kefir or give him an apple. On weekends and holidays, it is better to stick to the kindergarten menu.

When the baby is 3 years old, it's time to start teaching him the right behavior at the table.

- The child should sit up straight, not leaning his elbows on the table while eating, without spreading them wide apart. Be able to use a spoon correctly.
- Using a table knife, hold it in your right hand and a fork in your left. Adults should teach the child not to cut the whole portion at once, but after cutting off a piece, eat it and only then cut off the next one.
- It is necessary that the baby develops the habit of chewing slowly, with his mouth closed. If he has a bad appetite, it is unacceptable to entertain him while eating, allow him to watch TV or promise a reward for eating everything. Such incentives disrupt the digestive process, and do not improve appetite at all.
- To eat in a calm state (this applies not only to six-year-olds!). It is necessary to avoid quarrels and unpleasant conversations at the table - this also worsens the digestive process and reduces appetite.
- You should not give your baby more food than he can eat. It's better to put a little extra later.
- The kid should know that you can leave the table after finishing the meal, only with the permission of the elder (but, of course, not with a piece of bread or other food in your hands). He should definitely thank those present, pull up a chair, clean up the dishes, wash his hands (just like before eating) and rinse his mouth.

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