

HYGIENIC REQUIREMENTS FOR THE STRUCTURE OF THE CONTAINER. FIRST AID IN POISONING

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Annotatsiya: Taomnomani tuzish jarayoni, inson salomatligi va uning umumiy farovonligi uchun muhim ahamiyatga ega. Taomnomalar, ovqatlanish rejasi bo'lib, inson organizmining zarur oziq moddalar bilan ta'minlanishini ta'minlaydi. Taomnomani to'g'ri tuzishda gigienik talablar, oziq-ovqat mahsulotlarining sifatini, tayyorlanish usulini va iste'mol qilish vaqtini inobatga olish zarur.

Kalit so'zlar: taomnoma, oziq-ovqat, oqsil, uglevodlar, vitaminlar, gigiena, mikroblar, iste'molchilar, ovqatdan zaxarlanish.

Аннотация: процесс составления закусочной имеет важное значение для здоровья человека и его общего самочувствия. План питания-это план питания, который обеспечивает организм человека необходимыми питательными веществами. При правильном составлении кулинарной карты необходимо учитывать гигиенические требования, качество продуктов, Способ приготовления и время употребления.

Ключевые слова: питание, еда, белок, углеводы, витамины, гигиена, микробы, потребители, пищевое отравление.

Abstract: the process of drawing up a cookbook is important for the health of a person and his general well-being. Cookbooks, being a meal plan, ensure that the human body is supplied with the necessary nutrients. When drawing up a dish correctly, it is necessary to take into account hygienic requirements, the quality of food, the method of preparation and the time of consumption.

Keywords: food, food, protein, carbohydrates, vitamins, hygiene, germs, consumers, food poisoning.

INTRODUCTION

When drawing up a dish, first of all, the variety of food products is important. Each meal should maintain a balance of protein, carbohydrates, fats, vitamins and minerals. Food products, such as meat, fish, eggs, milk and dairy products, vegetables and fruits, cereals and cereals, should be introduced in a balanced way. This guarantees that the body is supplied with all the necessary substances. Hygienic requirements are important to ensure the quality of food products. Food products should be fresh, environmentally friendly and harmless. Their storage conditions should also be based on hygienic requirements. For example, meat and dairy products should be stored in special refrigerators, and vegetables and fruits should be stored in a clean place. Compliance with hygiene rules will prevent contamination of food with harmful microbes.

MATERIALS AND METHODS

Cooking methods are also important in drawing up a cookbook. Dishes should be cooked, steamed, fried, and other healthy preparation methods used. Fried foods can bring excess fat and calories, so they should be limited in the cookbook. Instead, steamed or fried foods are healthy and rich in nutrients. In the process of cooking, within the framework of hygienic requirements, it is necessary to keep kitchen appliances clean, wash hands and properly process



food. The time and procedure for eating in the cookbook should also be within the framework of hygienic requirements. Setting meal times ensures that the food is slow and well chewed. This improves digestion and allows the body to better absorb nutrients. Setting meal times can also help maintain order when eating food.

RESULTS AND DISCUSSIONS

Fluid intake is also important in the cookbook. Water, fruit juices and other liquids play an important role in preventing dehydration of the body. Drinking enough fluids during the day ensures normal functioning of the body. The consumption of liquid foods relieves the digestion process and provides the body with the necessary fluid. When drawing up a cookbook, it is also necessary to pay attention to the shelf life of food. Each food product has its own shelf life. Products that have passed this period should not be consumed, as they can pose a health risk. When storing food, it is necessary to comply with the conditions of their preservation. For example, vegetables and fruits, in turn, should be stored in a clean, cool place. [1]

Poisoning is a health-threatening condition associated with food or chemicals. In case of poisoning, first aid is very important, since it plays an important role in the process of saving life. With the appearance of symptoms of poisoning, it is necessary to seek medical help immediately. Symptoms of poisoning are usually manifested by symptoms such as vomiting, diarrhea, headache, dizziness, reddening of the skin. If the cause of poisoning is determined, the necessary measures must be taken.[2]

If the poisoning is through food, first of all, the patient should be calmed down and the vomiting process stimulated. To do this, the patient can drink a large amount of water or give salt water. This will help release harmful substances from the stomach. However, before stimulating the vomiting process, it is necessary to identify the cause of the poisoning, since in some cases vomiting can be dangerous. If poisoning is associated with chemicals, it is necessary to take the patient out of the place filled with harmful substances in the air. Taking the patient out into the fresh air will ease his breathing. If the patient has difficulty breathing, artificial respiration or other resuscitation measures should be taken. When providing first aid in poisoning, it is necessary to carefully monitor the condition of the patient. If the patient has fainted, resuscitation measures should be taken immediately. It is important to put the patient to bed, raise his legs and give artificial breath. In case of poisoning, it is very important to seek medical help. Medical professionals should carry out the necessary analyzes and take the necessary treatment measures. Depending on the cause and extent of the poisoning, the patient can be hospitalized. In the process of providing medical care, all necessary measures must be taken to restore the patient's health.[3]

In general, the issues of hygienic requirements and first aid in poisoning when drawing up a meal, are important in maintaining a healthy diet and health. Taking into account the quality of food, the methods of preparation and the order of consumption helps to ensure human health. Also, proper first aid in case of poisoning plays an important role in maintaining life. Issues related to eating disorders and poisoning are important factors in the formation of a healthy lifestyle. A healthy diet, compliance with hygiene and proper first aid in cases of poisoning are important for the health and life of each person. Therefore, the study and application of such issues in practice is necessary for a healthy and safe diet. Issues of hygienic requirements and first aid in poisoning when drawing up a meal, play an important role in ensuring human health. Hygienic requirements and first aid processes are important not only for personal health, but also for the health of society. Proper measures in cases of food safety, healthy eating and poisoning increase the responsibility of each person towards himself and those around him.



Healthy eating, proper hygiene and first aid skills, are important in improving the quality of life and shaping a healthy society.[4]

CONCLUSION

Thus, the issues of hygienic requirements and first aid in poisoning when drawing up a meal are important not only for personal health, but also for the health of a wider society. Everyone, by following a healthy diet and hygiene, can maintain their health and also help the people around them. This is necessary in order to form a healthy lifestyle and show the right example to future generations.

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