

HYGIENIC ASPECTS OF HEALTHY FOOD OF MEDICAL STUDENTS

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Introduction. Nutrition is the main form of energy for a young student. In our time, nutrition plays an important role in maintaining the physical health of the body. Proper and rational nutrition contributes to improved performance and mental activity. Many students in the modern world consume a lot of harmful food.

Malnutrition leads to chronic diseases, the emergence of pathologies in the digestive tract, and as a result - a decrease in the quality of study, level of performance, academic success. The introduction of nutrition among students is not only a necessary factor for maintaining optimal physical health, but also one of the main components of improving the level of learning.

Aim. To determine the impact of healthy eating on student youth for the development and enhancement of educational activities.

Study material. It is now proven that proper and rational nutrition has a significant impact on improving student learning. Healthy eating is a necessary factor for disease prevention, maintaining immunity, improving life, enhancing adaptation to the environment. In today's world, student youth are eating

irregularly and incorrectly, at least 1-2 times a day. Student nutrition has certain characteristics that should be compared with the personal regime of the day and physical activity on the body, namely, on how well organized healthy nutrition of the student depends on the overall level of physical activity and quality of educational activity. The key to maintaining a normal physical state is to maintain a balanced diet and control the intake of essential components: carbohydrates, proteins, fats, vitamins. According to the physiological point of view, in the body of the student, nutrients - nutrients are split and absorbed into the blood. Their cleavage is the key to providing the body with the nutrients it needs to support its metabolism and meet certain energy and plastic needs.

In the XXI century, physiological theory is fundamental for determining the rational rates of need and consumption of biologically active substances for different populations, and especially for students. According to physiological theory, the organism must be secured according to energy expenditure and digestive mechanisms. Daily energy costs should be consistent with the energy value of the student's diet. There must be micronutrients in the student's daily diet. There is a need to properly calculate the caloric content of the diet and energy expenditure of the organism, depending on the individual characteristics: age, height, weight, physical endurance, training. It is worth noting that men typically consume up to 3,000 calories and women typically consume up to 2,600 calories per day. At the same time, it is necessary to compare the amount of rye consumption per day with energy costs, which are usually greater than the amount of calories that should be received [2].

The analysis of literary sources devoted to healthy nutrition allowed to distinguish the basic principles of healthy nutrition of student youth: 1) nutrition balance; 2) compliance of the caloric value of the diet with energy costs; 3) the distribution of food costs throughout the day, consistent with the student's daily schedule.

Also, the diet of student youth should have an anti-stress effect, to ensure optimal functioning of the nervous system, optimize fat metabolism. Eating

disorders can be the basis for hypertension, excess body weight, and cardiovascular diseases, which cause the effects of reduced health and overall health. First of all, food can supply excess energy when unbalanced and poor nutrition, and is a source of lack of bioregulatory mechanisms and protective and adaptive reactions of the body. Today, the student body of today, because of stress, lack of financial resources and problems in personal life, consumes harmful food, namely: a lot of carbohydrates, fats, insufficient amount of drinking water, so there are disturbances in water-salt exchange and maintenance of electrolyte balance. Insufficiency of essential biologically active substances such as proteins, vitamins, trace elements is a prerequisite for the accumulation in the body of students of radionuclides that destroy the body. These principles make it possible to attribute healthy nutrition to the most important factor that has a direct impact on the development and improvement of learning [2].

Conclusion. Given the above, regarding the healthy diet of student youth and its impact on the overall level of education, it may be necessary to provide the necessary recommendations to maintain a healthy level of nutrition. Medical students in our world need to be a role model for the surrounding population. In today's society, students need guidance to support the principles of sound and healthy eating, which must be fully compared to the individual student's day regime, quantitative and qualitative indicators of learning and the level of daily energy costs. Modern youth should be encouraged to have a correct attitude to their state of health, the need for full correspondence between energy value and the composition of the diet, which should be enriched with nutrients. Balanced and healthy nutrition is the key to improving the academic success of student youth and further development of the modern specialist in future activities.

References:

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