

NUTRITION IN EARLY CHILDHOOD IS A KEY FACTOR IN FORMING HEALTH IN LATER LIFE

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Abstract: *Nutrition in early childhood is the foundation of human health. This period is considered the most sensitive stage of a child's physical, mental and spiritual development, creating the necessary conditions for his full growth and a healthier life. During childhood, appropriate nutrients, vitamins, minerals and energy sources are important for the growth of the body, the development of the nervous system, and the strengthening of the immune system. Therefore, the quality of nutrition at this age is the basis for long-term health not only in childhood, but also throughout life.*

Keywords: *early childhood, nutrition, health, breast milk, nutrients, immunity, infection, minerals, energy sources, digestive system.*

Аннотация. *Питание в раннем детстве – основа здоровья человека. Этот период считается наиболее чувствительным этапом физического, умственного и духовного развития ребёнка, создающим необходимые условия для его полноценного роста и более здоровой жизни. В детском возрасте правильное питание, витамины, минералы и источники энергии имеют большое значение для роста организма, развития нервной системы и укрепления иммунитета. Поэтому качественное питание в этом возрасте является основой долгосрочного здоровья не только в детстве, но и на протяжении всей жизни.*

Ключевые слова: *раннее детство, питание, здоровье, грудное молоко, питание, иммунитет, инфекция, минералы, источники энергии, пищеварительная система.*

Annotatsiya: *Erta bolalik davridagi ovqatlanish inson salomatligining poydevorini tashkil etadi. Ushbu davr bolaning jismoniy, aqliy va ruhiy rivojlanishining eng sezgir bosqichi hisoblanib, uning to'laqonli o'sishi va yanada sog'lom hayot kechirishi uchun zarur shart-sharoitlarni yaratadi. Bolalik davrida organizm o'sishi, nerv tizimining rivojlanishi, immun tizimining mustahkamlanishi uchun tegishli oziq moddalar, vitaminlar, minerallar va energiya manbalari muhim ahamiyat kasb etadi. Shu sababli ushbu yoshdagi ovqatlanishning sifati nafaqat bolalik davrida, balki keyingi umr davomida ham salomatlikning uzoq muddatli ta'minlanishiga asos bo'ladi.*

Kalit so'zlar: *erta bolalik davri, ovqatlanish, salomatlik, ona suti, ozuqa, immunitet, infeksiya, minerallar, energiya manbalari, hazm tizimi.*

Entrance. *In early childhood, breast milk is the most appropriate and natural food for a child. Breast milk contains special substances and probiotic bacteria that strengthen the child's immunity, which protect the child from infections and various diseases. Breast milk provides the*

child with all the necessary elements, while also facilitating his digestive system. Regular and sufficient use of breast milk in childhood has a significant impact on the child's physical development and helps strengthen the immune system necessary for the child's healthy growth. In the later stages of a child's nutrition, the transition from breast milk to other solid foods becomes even more important. During this period, the inclusion of products such as vegetables, fruits, cereals, dairy products, meat and fish in the diet creates a diverse and balanced source of nutrients for the child. Each type of food occupies a specific place in the child's body and plays an important role in his mental and physical development. A deficiency in minerals such as iron, zinc, calcium can disrupt the child's overall health, slow down the growth process, and weaken the immune system. Eating culture is a key tool in helping children take steps forward and develop a healthy lifestyle.

Literature analysis and methodology. Instilling healthy eating habits in a child from childhood ensures that he will take a responsible approach to his health in the future. Therefore, parents and educational institutions play a major role in this regard, they should constantly carry out propaganda and educational work to form a child's eating culture and healthy lifestyle. Since healthy eating habits begin to form at an early age, they play a significant role in preventing health problems that a child may encounter throughout his life.

Abdullaeva and Rasulova 's study focuses on the role of macro- and micronutrients in children's nutrition. They emphasize the importance of providing children with the right vitamins and minerals from an early age, strengthening their immune system and supporting growth processes. The study specifically examines the consequences of iron and calcium deficiencies later in life.[1]

Azimov, on the other hand, analyzes the impact of healthy eating on children's quality of life. He scientifically demonstrates that healthy eating habits in childhood help reduce the risk of cardiovascular disease, diabetes, and other chronic diseases in adulthood. The author also considers the social and ethical aspects of children's nutrition, reflecting on the role of parents and society.[2]

Karimova's work discusses the importance of nutrition in child development. She emphasizes that from the very beginning, when choosing complementary foods, the diet should be balanced, fruits and vegetables should be regularly given, and the body should receive the necessary proteins, fats and carbohydrates. According to the author, deficiencies in the growth process of children's bodies will later have a negative impact on physical and mental health.[3]

Nematova revealed the problems of micronutrient deficiencies in children. She showed that micronutrient deficiencies cause problems such as reduced immunity, fatigue, and growth retardation in children. At the same time, the author draws attention to the composition of ready-made foods for children and warns about their role in a healthy diet.[4]

Victora examines the global challenges of child nutrition, explaining how early and appropriate feeding practices affect stunting, obesity, and cognitive development. They emphasize the need to improve public policies to ensure that children receive adequate nutrition in early childhood.[5]

Prado and Dewey have studied the role of macro- and micronutrients in childhood growth and mental development. They show that deficiencies in essential nutrients such as iron, iodine, and essential fatty acids can impair a child's intellectual abilities and academic performance.[6]

Children's bodies undergo many physical and mental processes during their growth and development. In this process, adequate and balanced nutrition helps strengthen the immune system, fully develop bones, and improve the functioning of neurons in the brain. At the same time, it should be borne in mind that children may become overweight or have deficiencies due to malnutrition. Therefore, the quality and quantity of food given to children must be carefully monitored. The formation of proper eating habits in a child depends on the ability to obtain

adequate nutrition and sufficient proteins within the family. In each family, the child's nutrition directly affects his health and development. Therefore, parents should try to choose high-quality and nutritionally correct products. The variety of food products helps provide the child with various vitamins and minerals and serves the optimal growth of his body.

Discussion and results. *The impact of healthy nutrition in early childhood is not limited to physical development, but also has a positive effect on the child's mental health. Proper nutrition improves a child's mental activity, increases their ability to learn, and helps them concentrate. For this reason, nutrition is an important factor affecting a child's success in school and adaptation to society. A child's well-being and overall mental stability directly depend on the quality of his or her nutrition. The future quality of life of children depends on the nutrition regimen established by parents, doctors, and educators at an early age. To strengthen a child's immunity and protect them from diseases, it is necessary to always maintain a balance. Parents play the main role in this work, they must demonstrate a healthy lifestyle to the child, instill in him or her proper eating habits. At the same time, the state and society must organize programs aimed at improving children's nutrition and strengthen preventive measures. Improving nutrition and enriching the diet ensure not only the physical development of the child, but also his formation as a complete, harmonious personality. The social significance of healthy nutrition is also great, it guarantees the future of the country and the health of generations. Therefore, paying special attention to nutrition and regulating it in early childhood is considered a key factor in creating a solid foundation for human health in the future.*

Properly selected and balanced food products in children's nutrition are extremely important for the healthy growth, mental development and general health of the child. Childhood is the most sensitive stage of human life, because at this time the body consciously undergoes many processes, including cell renewal, the formation of the immune system, active brain function and bone development. Therefore, the composition of the food given to the child should serve the comprehensive balance of the child's physical and mental development. Breast milk is the most natural and complete source of nutrition for children. Breast milk contains all the necessary vitamins, minerals, proteins, fats and fluids for a small organism. It plays a very important role in strengthening the immune system, and also protects the child from various infectious diseases. Special enzymes contained in breast milk ensure easy digestion of the stomach and stabilize the intestinal microflora. Therefore, the importance of breast milk for children of early age is very great, and it cannot be completely replaced by alternative means. Understanding the value of breast milk and providing it for an adequate period of time is a crucial factor in improving children's health.[7]

Vegetables and fruits play a very important role in expanding a child's diet. Vegetables contain many vitamins, especially vitamins A, C, and K, which help strengthen children's immune systems, improve vision, and regulate blood clotting. Fruits provide sugar, fiber, and various minerals, which help children's bodies produce energy and improve digestion. A variety of vegetables and fruits supports a child's strong immune system, growth processes, and helps prevent vitamin deficiency in winter. Cereals play an important role in children's diets as a source of energy. Cereals such as rice, wheat, and oats provide long-term energy without causing unnecessary weight gain. The carbohydrates in cereal products provide the energy necessary for children's active brain function and physical activity. At the same time, cereal products are rich in fiber, which regulates intestinal function and ensures healthy functioning of the gastrointestinal system. It is important to include cereals in the diet of children, as they are the main source of calories and a factor that supports digestion. Meat products, including beef, chicken and fish, are the main source of not only protein in baby food, but also iron, zinc and other minerals. Protein is necessary for the repair and renewal of all cells of the body, and is especially important during the growth period. Iron, in turn, is involved in replenishing the blood with new blood cells, which helps prevent fatigue and weakness

in children. Fish products also contain omega-3 fatty acids, which are necessary for the brain of children, which accelerate mental development and increase the level of attention. Therefore, meat and fish should occupy a permanent place in the child's diet from the very beginning. Milk and its products are extremely important as a source of calcium for adolescents. Calcium is involved in the strengthening of bones and teeth. Products such as milk, yogurt, cheese, and cheese are recommended in many developed countries as they are fortified with vitamin D, which is essential for children's bone development, healthy muscle function, and normalization of the immune system. Children should regularly include dairy products in their diet, appropriate for their age, as this helps support their growth and prevent bone fractures.

Conclusion. Thus, nutrition in early childhood is one of the most important and indispensable factors for all aspects of human life, including physical health, mental stability, intellectual development and success in society. A balanced and complete organization of a child's diet during this period allows him to avoid many diseases throughout his life, to be active and healthy. Constant work on the proper organization of children's nutrition by parents, doctors and social workers is necessary for the future generation to be healthy and strong. Thus, nutrition in early childhood is a key factor in the formation of healthy and productive people in later life.

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