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PROPER NUTRITION IN THE LIFE OF A STUDENT AS THE MEANS OF FORMATION FOR HEALTHY LIFESTYLE (HL)

Annotation: This article considers the importance and the significance of a healthy lifestyle. The article also analyzes the role of proper nutrition as a means of shaping a healthy lifestyle amongst young people. Within the article it states the problems connected between improper rest and diet. The conclusion describes forms and methods of work that contribute to the formation of proper nutrition among student youth.

Key words: healthy lifestyle, diet, youth, rational human nutrition system.

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ПРАВИЛЬНОЕ ПИТАНИЕ В ЖИЗНИ СТУДЕНТА КАК СРЕДСТВО ФОРМИРОВАНИЯ ЗОЖ

Аннотация: В статье рассматривается значение и значимость здорового образа жизни. Также в статье проанализирована роль правильного питания как средство формирования здорового образа жизни молодых людей. В статье

раскрываются проблемы, связанные с неправильным рационом и режимом питания. В заключение описаны формы и методы работы, способствующие формированию правильного питания среди студенческой молодежи.

Ключевые слова: *здоровый образ жизни, рацион, молодежь, режим питания, рациональная система питания человека.*

Today there is a huge number of fast food items, which makes it difficult to comply with the correctness of nutrition in modern conditions, this problem is relevant for the population of all ages, from preschool to Pensioners. The court also includes student youth who do not think about the correctness of their food. Frequent and regular visits to places of fast food lead to various negative and undesirable consequences – development of many diseases of the gastrointestinal tract (gastritis, gastric ulcer and many metabolic disorders).

Healthy Lifestyle (HL) - a multiple set of measures to improve their own regime of meals, the implementation of various types of exercise, observance of day to day meals, this is a lifestyle, which includes a general strengthening of the Human body and maintaining health at the proper level.

It should be noted that this lifestyle begins only when a person is aware of the components of the HL. Among them we can allocate proper nutrition, physical exertion, healthy sleep and rational distribution of time.

According to experts proper nutrition is about 50% of maintaining a healthy lifestyle.

Proper nutrition includes absorption of the necessary amount of protein, carbohydrates, fats, vitamins, micro - and macroelements for the normal functioning of the body [1, p. 970]. In most cases there are varieties of diseases that occur due to metabolic disorders such as obesity, diabetes mellitus and others. Nutrition performs one of the most important functions of the human body; It supplies it with the energy that is necessary to cover the costs of various life processes [2, p. 4].

A rational human nutrition system is the optimal ratio of nutrient groups, namely proteins, fats and carbohydrates. For normal and full functioning of the human body it is necessary to have a uniform intake of all nutrients (table1) [5, C.171].

Table 1.

The right ratio of proteins, fats and carbohydrates

	Proteins	Fats	Carbohydrates
Norm	25-35%	25-35%	30-50%
Set Mass	25-35%	15-25%	40-60%
Slimming	40-50%	30-40%	10-20%

Proteins in the human body play the role of building material, thanks to which the person grows muscle mass. Proteins give a person the strength and energy to carry out different tasks and activities.

Carbohydrates are necessary for full-fledged brain activity. These organic substances can be fast and slow. However, it is necessary to note that fast carbohydrates contained in sweets and cakes, do not bring especial benefit, but slow carbohydrates are assimilated during a considerable amount of time and consequently give a of energy for a long period of time.

It is believed that fats are an unnecessary element of nutrition, but in fact only thanks to fats the skin of the person remains smooth and elastic. The absence of this organic element in the diet may negatively affect the health of the person [4, p. 19].

Consider the table of the most popular useful food products by the system PFC (proteins, fats and carbohydrates within the daily caloric content) [3, p. 45]:

Table 2.

The most popular and useful food

Product	Proteins	Fats	Carbohydrates
Orange	0.9	0.2	8.1
Walnut	13.8	61.3	10.2
Buckwheat	12.6	2.6	68
Turkey	19.5	22	0
Zucchini	0.6	0.3	4.6
Non-greasy kefir	3	0.1	3.8
Strawberries	0.8	0.4	7.5
Rabbit	20.7	12.9	0
Chicken	18.2	18.4	0
Salmon	19.8	6.3	0
Onion	1.4	0.2	8.2
Olive oil	0	99.8	0
Honey	0.8	0	80.3
Carrots	1.3	0.1	6.9
Oatmeal	11.9	5.8	65.4
Tomatoes	0.9	0.1	2.9
Rice	7	0.6	73.7
Mackerel	18	9	0
Cottage cheese	18	0.6	1.5
Cod	17.5	0.6	0
Blueberries	1.1	0.6	7.6
Garlic	6.5	0.5	29.9
Apples	0.4	0.4	9.8
Egg	12.7	11.5	0.7

Having analyzed data of table 2, it is possible to conclude that the minimum quantity of proteins and carbohydrates is contained in oil, thus the highest fat content is observed. Also note that low-carbohydrate products are some types of fish and meat. The maximum amount of carbohydrate we observe in honey is to compensate for the low protein and fat content.

Today there is a negative tendency that the overwhelming part of modern students do not observe the regime of receptions of food, rejecting the balanced ration of food and do not eat the absolutely useful products which do considerable damage to the body.

Modern research shows that more than half of Russian students are almost not engaged in sports, as many young people consume unhealthy foods, of which-almost all do not have the habit of having breakfast in the mornings. All this leads to slowing down the process of development of the body and in addition to the development of various cardiovascular, intestinal and cancer diseases in the human body. It should be noted that non-observance of rest and diet negatively affects the health of students. First, is the abundant consumption of food –due to frequent snacking; It can be a systematic and excessive intake of a large amount of fats and carbohydrates, such as various sweets, flour or confectionery products, frequent use of cereal dishes). Secondly, irregular and rare (1-2 times a day) abundant meals, as well as eating before bedtime. Thirdly, the disturbance of the rhythm of nutrition, that is, failure to observe individual circadian rhythms of a single person.

In order to prevent obesity or depletion of the body and related diseases, it is necessary to avoid above mentioned mistakes in the use of food, as well as to increase motor activity and energy consumption. For this it is necessary to perform various kinds of physical exercises, sports and systematic control of body weight [2, p. 5].

Let us consider some reasons of non-observance of rest and diet, as well as refusal of students to consume proper and useful food:

- Absence of systematic instructive lectures and seminars on the importance

of proper nutrition not only during the whole educational process, but also after its completion.

- Lack of free time to consume a full meal.
- Lack of fast access dishes, which would be prepared from useful products in the right ratio of proteins, fats and carbohydrates.

To summarize all of the above, it should be noted that proper nutrition – regular, rational and balanced – is one of the main components of a healthy lifestyle for each person. Due to the increasing rhythm of life in the modern world, the importance of this aspect is relegated to secondary plan and in order to raise the health of the whole nation, in particular the younger generation-student youth it is necessary to carry out various kinds of actions, for example, conversations, lectures, seminars, forums, spars, festivals with said students in order to raise the general level of food culture awareness of the importance of this activity. A need improve the quality of nutrition among students and should also improve the conditions in favor of nutritious food in canteens, improve the system of food consumption in educational institutions this will entail refusals from harmful and frequent overeating. As a result of introduced transformations will then improve health and the efficiency of students will increase their desire to gain new knowledge.

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