



THEORETICAL AND PRACTICAL FOUNDATIONS OF ORGANIZING RATIONAL NUTRITION TO STRENGTHEN THE HEALTH OF PRESCHOOL CHILDREN

G.B.Payzullaeva

Basic Doctoral Student, Institute for
Retraining and Advanced Training of Directors and Specialists
of Preschool Education Organizations
<https://doi.org/10.5281/zenodo.20728385>

ARTICLE INFO

Received: 12th June 2026

Accepted: 14th June 2026

Online: 16th June 2026

KEYWORDS

rational nutrition, preschool
children, health, nutrition
culture, healthy lifestyle,
prevention, preschool education

ABSTRACT

This article analyzes the theoretical and practical foundations of organizing rational nutrition to strengthen the health of preschool children. The importance of nutrients necessary for the intensive growth and development of the body during preschool age is highlighted. The study examined scientific literature, recommendations of international organizations, and pedagogical sources to determine the impact of rational nutrition on children's health. The results showed that balanced nutrition is an important factor in promoting children's physical development, improving their immune status, and increasing resistance to diseases.

Introduction. Protecting children's health and raising a healthy generation are among the priority areas of social policy worldwide. In recent years, the increasing prevalence of obesity, micronutrient deficiencies, anemia, digestive system disorders, and weakened immunity among children has made the issue of organizing rational nutrition even more relevant [1]. Preschool age is one of the most intensive periods of growth and development of the human body, during which healthy eating habits are formed. Nutrition organized according to the physiological needs of children at this stage contributes not only to their physical development but also to their cognitive, emotional, and social development [2]. According to the World Health Organization, diseases caused by improper nutrition during childhood may negatively affect health in later stages of life [3]. Therefore, the organization of rational nutrition is considered an important scientific issue studied at the intersection of medicine, pedagogy, and psychology. The purpose of this study is to identify the theoretical and practical foundations of organizing rational nutrition to strengthen the health of preschool children and to analyze its effectiveness.

Materials and Methods. The study employed methods of scientific and pedagogical literature analysis, comparative analysis, generalization, and systematization. National and international scientific sources, as well as recommendations from the World Health Organization (WHO), UNICEF, and other international organizations, were reviewed. Rational nutrition implies the consumption of proteins, fats, carbohydrates, vitamins, and minerals in optimal proportions according to the body's energy expenditure and physiological needs [4].

Deficiency of these nutrients in preschool children may lead to slower growth, reduced immunity, and the development of various diseases. The following criteria of rational nutrition were analyzed:

- regularity of meals;
- balanced distribution of nutrients;
- quality and safety of food products;
- adequacy of vitamin and mineral intake;
- compliance with children's age and physiological characteristics.

Results. The analysis revealed that rational nutrition has a positive impact on all functional systems of a child's body. In particular, adequate consumption of protein-rich foods contributes to the development of muscle and bone tissues. Sufficient intake of vitamins and minerals improves immune system functioning [5]. In addition, children who followed a regular and balanced diet demonstrated the following positive indicators:

- normal physical development;
- lower incidence of illnesses;
- higher cognitive activity;
- improved emotional stability;
- enhanced adaptive capacity of the body.

One of the most effective mechanisms for organizing healthy nutrition in preschool educational institutions is the scientific planning of daily food rations. Ensuring sufficient amounts of dairy products, meat, fish, legumes, fresh vegetables, and fruits in the diet contributes significantly to strengthening children's health [6].

Discussion. Developing a healthy nutrition culture among preschool children is not limited to organizing meals alone. This process requires the harmonious interaction of pedagogical, psychological, and social factors. The knowledge level of parents and educators regarding nutrition plays an important role in forming healthy eating habits among children [7]. Therefore, it is advisable for preschool educational institutions to strengthen cooperation with parents, organize training sessions, and conduct awareness-raising activities on healthy nutrition. Furthermore, systematic efforts should be made to reduce children's interest in fast food products, artificial additives, and high-calorie foods. Excessive consumption of such products increases the risk of obesity, diabetes mellitus, and cardiovascular diseases among children [8].

Conclusion. Organizing rational nutrition plays an important pedagogical and medical role in strengthening the health of preschool children. The results of the study indicate that rational nutrition contributes to improving children's physical development, immunity, cognitive activity, and overall health. Implementing scientifically based nutrition systems in preschool educational institutions, strengthening cooperation with parents, and promoting a healthy nutrition culture through comprehensive measures are essential factors in raising a healthy generation.

References:

1. UNICEF. The State of the World's Children. New York, 2023.
2. Brown, J.E. Nutrition Through the Life Cycle. Boston: Cengage Learning, 2020.
3. World Health Organization. Healthy Diet Recommendations. Geneva, 2023.

4. Gropper, S.S., Smith, J.L. Advanced Nutrition and Human Metabolism. Boston, 2021.
5. Kliegman, R. Nelson Textbook of Pediatrics. Philadelphia: Elsevier, 2020.
6. UNICEF. Nutrition Strategy 2020–2030. New York, 2020.
7. Birch, L., Ventura, A. Preventing Childhood Obesity: What Works? International Journal of Obesity, 2009.
8. World Health Organization. Guideline: Sugars Intake for Adults and Children. Geneva, 2015.
9. Ministry of Preschool and School Education of the Republic of Uzbekistan. State Requirements for the Development of Early and Preschool-Aged Children. Tashkent, 2022.
10. Ministry of Health of the Republic of Uzbekistan. Methodological Recommendations on Healthy Nutrition Principles and Public Health Promotion. Tashkent, 2021.

