

FORMATION OF BASES OF A HEALTHY DIET IN NATURAL SCIENCE AND TECHNOLOGY EDUCATION AT THE UNIVERSITY LEVEL

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Abstract

A problem of education, aimed not only on preservation, but also on strengthening of health of younger generation, is particularly acute. Questions of the organization are actual, because the condition of nutrition is one of the major factors defining health of the individual and the nation in general.

Quantitative and qualitative value of nutrition defines extent of realization of genetic program of intellectual and physical development, including: cognitive ability, I.Q., working capacity, life expectancy, ability of an individual to reproduction, resistance to action of negative factors of environment, including stresses, weather climatic conditions, etc. At the same time researches of the actual nutrition of the population show great deviations of nature of nutrition from physiological standards. It plays an essential role in a wide dissemination in modern society of the so-called "diseases of civilization" (cardiovascular pathology, obesity, diabetes). We prepared an electron shell of a computer program for an assessment of the actual food "Analysis of a condition of nutrition", which based on of a complex of indicators: anthropometrical data (height, weight, waist/hip index); assessment of energy demand (general energy expenses of an organism, the energy value of a daily diet, the level of the basal metabolism, index of physical activity, working increase); assessment of nutritional status on the profile of food consumption (grain and products of its processing, beans, nuts, milk, dairy products, vegetables, fruit, berries and products of their processing, meat, meat products, fish, non-fish seafood, drinks and etc.); frequency of consumption; an assessment of nutritional status on the profile of nutrient consumption (the main macronutrients and micronutrients) which allows you to identify deviations in the diet and to optimize solutions of these problems.

This computer program will help students in receiving knowledge of healthy nutrition for a specific person; it'll promote formation of healthy lifestyles and improve their states of health.

Key words: *Nutrition, Health, Research, Analysis of a condition of nutrition, Computer program.*