

## Scientific Achievements of Young People - Solving the Problems of Human Nutrition

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**Introduction.** In terms of technological progress, the general acceleration of life, many stressful situations and negative ecological quality of the food is largely unchanged. Foods containing hundreds of chemicals, some of whom are helpful and harmful ballast components. In recent years, mankind has made every effort to restore its natural food ingredients that are good for health. To replenish and enrich the human diet with vitamins, minerals and other minor components created a new class of products - dietary supplements. Recently, the environment around the world is much worse because of certain factors. And this could not affect the quality of products. To increase production volumes, many countries began to create genetically modified foods, which negatively affects the health of people. Currently resolve this issue disturbed a large number of scientists of our time.

**Materials and methods.** In my opinion, the most effective way to solve the problem of food in the first place is to improve the environment (must stop to drop into the water chemicals, pollute the air and soil chemical emissions). Secondly, the need to stop using hazardous chemical additives. These issues must first do food manufacturers.

**Results.** Dining population living in areas with high levels of radiation exposure - the most dangerous. Meals for children and adults in such areas should be directed to the full satisfaction of the body for nutrients and energy, preventing possible adverse biochemical disorders.

The function of food is measured by indicators of digestion and metabolism: protein, fat, carbohydrate, vitamin, mineral and water. Inadequate assessment of food produced on the basis of growth rates, weight and mass and the growth rate, metabolism, functional state of individual systems. Based on research showing early symptoms of food inadequacy. Incidence closely related to nutritional status and food due to various violations, including excessive or inadequate nutrition.

**Conclusions.** The main priorities in improving nutrition Ukraine at the present stage are: the elimination of complete protein deficit, creating conditions for optimal physical and mental development of children, safety of domestic and imported food products, raising awareness of population issues in a healthy diet.

Restoring food structure, improve its quality and safety is now to be one of the most important and priority tasks of the state. However, the accumulated international experience shows that it is virtually impossible due to various objective reasons to achieve rapid correction structure nutrition traditional way: by teaching people the skills and rules of good nutrition, increased production and diversification of food.

### References:

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