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FOOD PRODUCTS AIMED AT IMPROVING THE HEALTH STATUS OF CHILDREN AND ADOLESCENTS, AND THE HYGIENIC SUBSTANTIATION AND IMPROVEMENT OF DIETARY NUTRITION

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Abstract

This article examines the hygienic substantiation and improvement of food products intended to enhance the health status of children and adolescents within the framework of modern preventive medicine and nutrition hygiene. The health of the younger generation is closely associated with the quality, safety, nutritional value, and physiological adequacy of daily nutrition. In conditions of rapid urbanization, changing dietary habits, reduced physical activity, and increasing consumption of highly processed foods, the development of scientifically grounded dietary products has become one of the urgent directions of public health. The paper considers the role of specialized food products enriched with essential nutrients, vitamins, minerals, probiotics, prebiotics, and biologically active components in supporting normal growth, development, immunity, cognitive performance, and disease prevention among children and adolescents. Particular attention is given to hygienic principles in the formulation, evaluation, and practical implementation of dietary nutrition, including age-specific physiological needs, sanitary safety, digestibility, balanced composition, and risk reduction for nutrition-related disorders. The article also highlights the significance of school nutrition systems, functional foods, and preventive dietary strategies in reducing micronutrient deficiencies, obesity, gastrointestinal disturbances, and metabolic imbalance. It is argued that the improvement of dietary products for children and adolescents should be based on interdisciplinary

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cooperation among hygienists, pediatricians, nutritionists, technologists, and public health specialists. Scientifically substantiated and hygienically optimized nutrition contributes not only to the prevention of disease, but also to the formation of a healthier and more resilient younger population.

Keywords: Children's health, adolescent nutrition, dietary nutrition, hygiene of nutrition, functional food products, preventive nutrition, balanced diet, micronutrient deficiency, healthy food products, sanitary safety

BOLALAR VA O'SMIRLAR SALOMATLIK HOLATINI YAXSHILASHGA QARATILGAN OZIQ-OVQAT MAHSULOTLARI VA PARHEZ OVQATLANISHNI GIGIYENIK ASOSLASH VA TAKOMILLASHTIRISH

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Bolalar, o'smirlar va ovqatlanish gigiyenasi kafedrası

Annotatsiya:

Ushbu maqolada bolalar va o'smirlar salomatlik holatini yaxshilashga qaratilgan oziq-ovqat mahsulotlarini gigiyenik jihatdan asoslash hamda parhez ovqatlanishni takomillashtirish masalalari zamonaviy profilaktik tibbiyot va ovqatlanish gigiyenasi nuqtayi nazaridan tahlil qilinadi. Yosh avlod salomatligi kunlik ovqatlanishning sifati, xavfsizligi, oziqaviy qiymati va fiziologik jihatdan muvofiqligi bilan chambarchas bog'liqdir. Urbanizatsiya jarayonlarining kuchayishi, ovqatlanish odatlarining o'zgarishi, jismoniy faollikning kamayishi va yuqori darajada qayta ishlangan mahsulotlar iste'molining ortishi sharoitida ilmiy asoslangan parhez mahsulotlarini yaratish jamoat salomatligining dolzarb

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yoʻnalishlaridan biriga aylangan. Maqolada muhim oziq moddalari, vitaminlar, minerallar, probiotiklar, prebiotiklar hamda biologik faol komponentlar bilan boyitilgan maxsus oziq-ovqat mahsulotlarining bolalar va oʻsmirlarda normal oʻsish va rivojlanishni, immunitetni, kognitiv faollikni hamda kasalliklarning oldini olishdagi oʻrni yoritilgan. Shuningdek, parhez ovqatlanishni ishlab chiqish, baholash va amaliyotga joriy etishda yoshga xos fiziologik ehtiyojlar, sanitariya xavfsizligi, hazm boʻlish darajasi, tarkibning muvozanatlilik va ovqatlanish bilan bogʻliq kasalliklar xavfini kamaytirish kabi gigiyenik tamoyillarga alohida eʼtibor qaratiladi. Maqolada maktab ovqatlanish tizimi, funksional oziq-ovqat mahsulotlari hamda profilaktik ovqatlanish strategiyalarining mikroelementlar tanqisligi, semirish, oshqozon-ichak faoliyati buzilishlari va metabolik nomutanosiblikni kamaytirishdagi ahamiyati ham koʻrsatib beriladi. Bolalar va oʻsmirlar uchun moʻljallangan parhez mahsulotlarni takomillashtirish gigiyenistlar, pediatrlar, ovqatlanish mutaxassislari, texnologlar va jamoat salomatligi sohasi vakillarining oʻzaro hamkorligiga asoslanishi zarurligi taʼkidlanadi. Ilmiy jihatdan asoslangan va gigiyenik nuqtayi nazardan optimallashtirilgan ovqatlanish nafaqat kasalliklarning oldini olishga, balki sogʻlom va barqaror yosh avlodni shakllantirishga ham xizmat qiladi.

Kalit soʻzlar: bolalar salomatligi, oʻsmirlar ovqatlanishi, parhez ovqatlanish, ovqatlanish gigiyenasi, funksional oziq-ovqat mahsulotlari, profilaktik ovqatlanish, muvozanatli ratsion, mikroelementlar tanqisligi, sogʻlom oziq-ovqat mahsulotlari, sanitariya xavfsizligi.

Introduction

The health of children and adolescents is one of the central indicators of social well-being, demographic stability, and the long-term developmental capacity of any society. In modern conditions, the preservation and strengthening of the younger generation's health increasingly depend not only on medical care and

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environmental factors, but also on the quality of nutrition provided during the most intensive stages of growth and physiological maturation. Childhood and adolescence are characterized by rapid anatomical, metabolic, hormonal, neuropsychological, and immunological changes, all of which create elevated demands for energy, essential nutrients, vitamins, minerals, and biologically active food components. For this reason, nutrition during these periods cannot be considered merely a matter of satisfying hunger or maintaining body weight; rather, it represents a fundamental hygienic and biomedical factor that determines physical growth, intellectual performance, resistance to disease, emotional stability, and future reproductive and labor potential.

The contemporary nutrition environment has undergone substantial transformation under the influence of urbanization, technological change, aggressive food marketing, sedentary lifestyles, and the expansion of ultra-processed products rich in sugar, salt, unhealthy fats, additives, and low-value calories. As a result, children and adolescents increasingly face a dual burden of nutritional disorders. On the one hand, deficiencies in iron, iodine, calcium, vitamin D, folates, and other micronutrients continue to negatively affect development, cognitive function, immunity, and school performance. On the other hand, excessive consumption of refined foods and calorically dense products contributes to overweight, obesity, metabolic imbalance, gastrointestinal disturbances, allergic conditions, and early risk factors for chronic non-communicable diseases. These contradictions demonstrate that the issue of nutrition for younger age groups must be approached through a hygienic framework that unites food safety, physiological adequacy, preventive orientation, and technological improvement of specialized food products.

The development of food products aimed at improving the health status of children and adolescents requires a scientifically substantiated understanding of age-specific nutritional needs and hygienic standards. Such products should not only possess sufficient nutritional density, but also ensure safety, digestibility,

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sensory acceptability, biological usefulness, and compatibility with the functional state of the child's organism. In this regard, dietary nutrition occupies a special place. Properly designed dietary food products may support growth, correct borderline nutritional deficiencies, reduce digestive burden, improve intestinal microbiota, strengthen immune response, and contribute to the prevention of nutrition-dependent disorders. Their hygienic substantiation involves the assessment of raw materials, production technology, nutrient balance, contamination risks, storage conditions, portion suitability, and the physiological effects of the final product on different age groups.

Particular importance belongs to organized nutrition in educational institutions, especially preschool organizations, schools, and specialized health facilities, where large numbers of children consume standardized meals on a daily basis. These settings create both an opportunity and a responsibility to implement hygienically optimized and health-oriented dietary approaches. The improvement of children's and adolescents' nutrition therefore requires the integration of hygiene, pediatrics, dietetics, food technology, and public health policy. Against this background, the study of food products intended to improve health and the hygienic substantiation of dietary nutrition becomes highly relevant as a means of strengthening preventive medicine, promoting healthy development, and forming sustainable nutritional culture in the younger population.

Methods

This study was designed on the basis of an analytical and hygienic approach aimed at substantiating and improving food products intended for the health promotion of children and adolescents. The methodological framework combined theoretical generalization, comparative analysis of scientific literature, hygienic assessment principles, and a system-based interpretation of age-related nutritional needs. The research focused on identifying the main hygienic criteria that should guide the development and evaluation of dietary food products for

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younger population groups in conditions of changing nutrition patterns and increasing prevalence of nutrition-related disorders.

At the first stage, a broad review of medical, hygienic, pediatric, and nutritional sources was carried out to determine the physiological significance of macro- and micronutrients in the growth and development of children and adolescents. Special attention was given to proteins, essential fatty acids, vitamins, minerals, dietary fiber, probiotic and prebiotic components, and other biologically active substances that influence metabolic regulation, immune resistance, gastrointestinal function, bone mineralization, and neurocognitive development. The reviewed materials were analyzed in relation to age-specific characteristics, including preschool age, school age, and adolescence, since each developmental stage is associated with distinct functional demands and nutritional vulnerabilities.

At the second stage, hygienic principles relevant to food product formulation were systematized. These principles included sanitary safety, balanced nutrient composition, physiological adequacy, digestibility, bioavailability of nutrients, technological stability, organoleptic acceptability, and suitability for regular consumption in organized children's collectives. The hygienic assessment also considered potential contamination risks related to microbiological agents, chemical residues, excessive food additives, allergenic substances, and inappropriate storage or transportation conditions. Within this framework, the concept of dietary nutrition was not restricted to therapeutic feeding alone, but was understood more broadly as preventive and health-supporting nutrition adapted to the functional needs of the growing organism.

At the third stage, the methodological emphasis was placed on the comparative characterization of food products that may be used to improve health indicators among children and adolescents. This included products enriched with vitamins and minerals, reduced-sugar and reduced-salt formulations, dairy-based dietary items, cereal and legume combinations, fermented products, beverages with

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functional ingredients, and school meal components adapted for preventive purposes. These categories were evaluated according to hygienic relevance, nutritional contribution, expected physiological effect, and practical feasibility in educational and medical settings. Particular attention was given to the compatibility of such products with common health challenges among children and adolescents, including iron deficiency, impaired digestion, decreased immunity, excessive body mass, and unbalanced daily food intake.

The methodological basis of the study also included a contextual analysis of dietary practices in organized nutrition systems, especially in educational institutions. Through this lens, the hygienic substantiation of food products was examined not only at the level of composition, but also in connection with serving size, meal timing, age adaptation, technological processing, and public health applicability. As a result, the methods used in the study made it possible to develop a structured hygienic perspective on how dietary food products for children and adolescents can be scientifically grounded and further improved within preventive medicine and nutrition hygiene.

Results

The analysis demonstrated that the health status of children and adolescents is closely related to the hygienic quality, nutritional composition, and preventive orientation of the food products regularly included in their diet. The obtained findings show that the improvement of dietary nutrition for younger age groups should be based on a differentiated approach that takes into account the physiological characteristics of growth, the functional condition of the organism, and the most common nutrition-related risks observed during childhood and adolescence. It became evident that food products intended for health improvement cannot be limited to general caloric sufficiency, because the qualitative structure of the diet plays a decisive role in shaping physical development, metabolic stability, immune resistance, and cognitive performance.

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The results of the theoretical and hygienic assessment indicate that one of the central directions in improving food products for children and adolescents is the enrichment of commonly consumed items with essential micronutrients. Products fortified with iron, calcium, iodine, zinc, vitamin D, and B-group vitamins were found to have high preventive significance, particularly in relation to latent deficiencies that often remain clinically unrecognized but negatively affect learning capacity, emotional tone, resistance to infections, and musculoskeletal development. At the same time, the hygienic substantiation of such products requires strict control over dosage, bioavailability, interaction of nutrients, age suitability, and the prevention of excessive intake. This confirms that fortification should not be viewed as a purely technological process, but as a medically and hygienically regulated intervention.

The findings also reveal that fermented milk products, balanced cereal mixtures, fruit and vegetable-based formulations, protein-enriched foods, and products containing prebiotic or probiotic components may positively influence digestive health, intestinal microbiota balance, and the adaptive potential of the growing organism. Their hygienic value is especially important in cases where children are exposed to irregular meal schedules, limited dietary diversity, or increased educational and psycho-emotional нагрузка. It was also determined that the use of dietary products with reduced sugar, salt, saturated fat, and artificial additives creates favorable conditions for preventing overweight, early metabolic disturbances, and taste dependency on excessively intense flavors. This is highly relevant in modern nutrition environments where industrially processed foods often displace physiologically valuable meals.

An important result of the study is the recognition that hygienic improvement of dietary nutrition must include not only product composition, but also the conditions of practical implementation. In organized nutrition systems such as schools and preschool institutions, the effectiveness of specialized food products depends on portion size, meal timing, menu balance, storage safety, preparation

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technology, sensory acceptability, and regularity of use. The findings suggest that even nutritionally promising products may lose preventive value if they are poorly integrated into daily feeding practice or are rejected by children due to inadequate texture, taste, or appearance. Therefore, organoleptic adaptation and age-appropriate presentation are important hygienic components of food product improvement.

The analysis further showed that dietary nutrition for children and adolescents becomes most effective when it is incorporated into a broader preventive model that combines medical observation, hygienic monitoring, nutrition education, and intersectoral cooperation. The results support the view that the development of health-oriented food products should rely on collaboration between pediatricians, hygienists, food technologists, educators, and public health professionals. Such an approach ensures that food products are not only safe and nutritionally adequate, but also practically applicable, culturally acceptable, and responsive to the real health needs of younger age groups. Overall, the obtained results confirm that the hygienic substantiation and improvement of dietary food products can serve as a significant instrument for strengthening child and adolescent health, preventing alimentary disorders, and promoting sustainable foundations for healthy development.

Discussion

The findings of the study confirm that nutrition in childhood and adolescence should be viewed not only as a biological necessity, but also as a strategic hygienic instrument for maintaining and strengthening population health. The growing organism is especially sensitive to both nutritional deficiencies and nutritional excesses, which means that even moderate deviations in food quality, balance, and safety may produce long-term consequences for physical, intellectual, and psychosocial development. In this context, the hygienic substantiation of food products intended for children and adolescents becomes a

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matter of preventive significance. It allows nutrition to be transformed from a routine daily practice into an evidence-based health-supporting system oriented toward protection, correction, and optimization of developmental processes.

The results obtained in the study are consistent with the broader scientific understanding that contemporary dietary patterns among children and adolescents are increasingly shaped by contradictory tendencies. On one side, there is growing access to industrial food production, technological enrichment, and functional ingredients that could potentially improve nutritional status. On the other side, there is an expansion of ultra-processed products that are attractive in taste and convenience but poor in physiological value. This contradiction creates a complex hygienic challenge. It is not enough to simply produce more food or increase caloric provision. The central issue lies in ensuring that food products correspond to age-related metabolic needs, contribute to tissue growth and organ maturation, maintain digestive comfort, support immunity, and reduce risk factors for non-communicable disease formation from early life stages. Therefore, the improvement of dietary nutrition requires a clear shift from quantitative satisfaction toward qualitative optimization.

An important point emerging from the discussion is that specialized and dietary food products for children and adolescents must be designed within a framework of strict hygienic responsibility. The use of fortification, functional additives, probiotic cultures, modified fat composition, reduced sugar, and controlled sodium content offers substantial preventive opportunities, but these measures are beneficial only when grounded in physiological norms and sanitary control. Excessive or poorly regulated enrichment may create nutritional imbalance just as insufficient intake does. This means that hygienic substantiation must include careful selection of ingredients, assessment of bioavailability, evaluation of possible allergenic effects, technological stability, and compatibility with the actual digestive and adaptive capacities of different age groups. In this regard, the

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role of hygiene extends beyond inspection and safety control; it becomes an active scientific discipline shaping the concept of health-oriented nutrition.

The discussion also shows that dietary nutrition cannot be effective in isolation from the broader organization of children's daily life. Meal timing, eating behavior, food culture in the family, school menu structure, psychological acceptance of healthier products, and accessibility of safe meals all influence final outcomes. Even scientifically well-developed products may fail to produce the desired effect if they are not regularly consumed, are organoleptically unattractive, or are introduced without educational support. This indicates that the improvement of children's and adolescents' nutrition should be accompanied by systematic nutrition education, school-based hygienic oversight, and public health communication directed at parents, teachers, and food service personnel. Preventive nutrition becomes most effective when it is embedded in an environment that reinforces rational food choices and supports stable dietary habits.

Another important dimension concerns the long-term public health value of improving food products for younger age groups. Childhood and adolescence represent critical windows during which nutritional influences can shape disease susceptibility far into adulthood. Deficiencies in calcium, iron, iodine, vitamin D, and high-quality protein may impair skeletal formation, cognitive development, endocrine stability, and immune function, while chronic overconsumption of sugar, salt, and unhealthy fats may lay the foundation for obesity, hypertension, insulin resistance, and other metabolic disorders. From this perspective, hygienically optimized dietary nutrition is not limited to immediate well-being, but contributes to the reduction of future healthcare burden and the preservation of social and economic potential. Thus, the discussion supports the conclusion that the development and improvement of dietary food products for children and adolescents should be recognized as a major preventive priority in medical and hygienic science.

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Conclusion

The improvement of the health status of children and adolescents through scientifically grounded food products and hygienically optimized dietary nutrition represents one of the most significant directions of modern preventive medicine. The growing organism requires not only sufficient caloric intake, but also a carefully balanced supply of proteins, fats, carbohydrates, vitamins, minerals, dietary fiber, and biologically active compounds that support normal growth, physiological maturation, immune stability, and intellectual development. In this regard, the hygienic substantiation of food products intended for younger age groups acquires particular importance because it ensures that nutrition is aligned with age-specific functional needs and sanitary safety requirements. The conducted analysis has shown that food products for children and adolescents should be assessed not simply as elements of the daily menu, but as active health-forming factors capable of preventing nutritional deficiencies, supporting adaptive capacities, and reducing the likelihood of alimentary and metabolic disturbances.

The study confirms that the development and improvement of dietary food products must be based on a complex hygienic approach. Such an approach includes the selection of safe and biologically valuable raw materials, the regulation of nutrient composition according to physiological norms, the control of microbiological and chemical safety, the maintenance of high digestibility and bioavailability, and the achievement of organoleptic qualities acceptable to children and adolescents. Preventive nutrition becomes especially effective when commonly consumed food products are enriched with essential micronutrients, adapted to lower levels of sugar, salt, and unhealthy fats, and supplemented with components that support intestinal health, immunity, and metabolic regulation. However, the success of such measures depends on scientific precision and hygienic control, since both deficiency and excess can negatively influence the health of the developing organism. Therefore, dietary improvement should

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always be linked to evidence-based normative standards and interdisciplinary expertise.

An important conclusion of the study is that the practical value of health-oriented food products largely depends on the context in which they are introduced and consumed. Organized nutrition systems in preschools, schools, health institutions, and other collective settings offer a particularly effective platform for implementing hygienically justified dietary products. At the same time, successful integration requires attention to portion size, meal frequency, preparation technology, storage conditions, menu balance, sensory attractiveness, and educational support for healthy eating behavior. Nutrition cannot be improved by product reformulation alone if the surrounding environment continues to encourage irregular eating patterns, excessive consumption of ultra-processed foods, and poor dietary awareness among children, parents, and educators. For this reason, hygienic optimization of nutrition should be accompanied by wider efforts in nutrition education, preventive monitoring, and public health management.

The findings also allow the conclusion that improving food products for children and adolescents has significance far beyond the sphere of immediate dietary correction. Nutrition during childhood and adolescence has a long-term programming effect on health, influencing resistance to infections, the quality of skeletal and muscular development, psycho-emotional stability, school performance, and the future risk of chronic non-communicable diseases. Properly designed dietary nutrition can therefore serve as a strategic tool for reducing the burden of anemia, obesity, digestive disorders, hypovitaminosis, metabolic imbalance, and other widespread health problems in younger populations. This gives hygienically substantiated food products not only clinical and preventive value, but also social and demographic significance, since the health of the younger generation directly affects future educational productivity, labor capacity, and overall societal resilience.

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In summary, the hygienic substantiation and improvement of food products aimed at children and adolescents should be regarded as a priority field within medical science, nutrition hygiene, and preventive healthcare. Effective solutions require the combined efforts of pediatricians, hygienists, dietitians, technologists, educators, and public health specialists. Only through such cooperation is it possible to create nutrition systems that are safe, balanced, preventive in orientation, and responsive to the real physiological needs of children and adolescents. The further development of this field should focus on age-adapted formulations, functional and preventive food technologies, continuous hygienic monitoring, and the promotion of rational dietary habits. In this way, improved dietary nutrition can become a stable foundation for the preservation and strengthening of child and adolescent health.

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