

Basics of a healthy lifestyle in the educational process

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Abstract: This article deals with some general theoretical and practical issues of terminology, including the definition of a term, which word groups to consider as a term, the debate over whether to consider a professional lexical unit as a term, the general state of existing terminological dictionaries, current shortcomings and confusion in terminology, English The specifics of the translation of technical literature, the development of technical terminology of the Uzbek language at the expense of internal resources, including the use of internal terminology of the Uzbek language in the direct translation of English technical terms into Uzbek or the creation of alternative Uzbek terms were critically analyzed and covered.

Keywords: theoretical and practical issues, term, terminology, professional lexical unit, terminological dictionaries, technical literature, technical terminology, internal resources, internal terminology, direct translation, technical similarity, external similarity.

Annotation: The study of the basics of a healthy lifestyle expands the knowledge of students - young people about human health, the factors that affect it and ways to improve it. Develops training and skills related to mastering the simplest methods of health, natural environment research, self-monitoring, improving the environment, and promoting knowledge of ecology and hygiene.

Keywords: healthy lifestyle, agenda, active movement, proper nutrition, food hygiene, personal hygiene, Zoroastrianism, environmental knowledge.

A healthy lifestyle is a way of actively mastering the conditions of human life, adhering to the agenda, hardening the body through active movement, sports, complete and quality nutrition, adherence to hygienic rules of nutrition, communication and ecological culture, spirituality based on universal and national values. to be educated means to refrain from harmful habits.

Goals and objectives of the subject of forming a healthy lifestyle:

- to acquire theoretical knowledge and practical skills to eliminate the factors that negatively affect the life and health of the individual;
- strict adherence to the agenda;
- regular exercise, active physical activity and regular participation in sports;
- Thorough knowledge of the essence and importance of the rules of proper nutrition and their use in practice;
- determining responsibility for personal health;
- protection of the environment, the rules of ecological culture;
- ability to prevent various injuries and accidents;
- ensuring that negative habits (smoking, drug and alcohol use) are not encouraged;
- proper upbringing as a sex, awareness of the rules of personal hygiene and adherence to them;

- to achieve the formation of high moral qualities, strong and strong will, as well as compliance with the requirements of psychohygiene;

- the general philosophy of life is to be able to deal with the problems of life, to organize theoretical and practical activities to create immunity against beliefs that contradict the idea of national independence and ideological principles, and so on.

Adherence to an agenda is the foundation of a healthy lifestyle. An agenda is a continuous process that takes place from the day a person is born. Naturally, the agenda cannot be the same for everyone, and it is structured according to the person's age, health, ability to work and living conditions, and its general requirements: proper distribution of physical labor with practical labor in the development of the agenda, replacement of labor with timely rest, a certain diet every day, going to bed at a certain time and getting used to waking up early, walking outdoors, and so on.

A person's healthy, unhealthy lifestyle also depends on the agenda being organized properly and incorrectly. Properly organized agenda includes all aspects of the body:

- proper development;
- strengthening of the will;
- high labor productivity and long-term maintenance of working capacity;
- plays an important role in disease prevention.

In order to protect the health of schoolchildren, it is advisable to introduce the following physiological and hygienic recommendations to the school, its educational process, parents:

- adherence to the daily routine, ie the schedule, including the regulation of the workload at school and at home;

- Wide range of outdoor recreation;
- Adequate and timely nutrition;
- hygienically complete, rhythmic sleep;
- timely replacement of mental load with physical load;
- change activities in accordance with hygienic requirements;
- to be engaged in independent activity.

In determining the weekly workload in primary and secondary schools, academic lyceums and professional colleges of the Republic, in coordination with the Ministry of Health of the Republic of Uzbekistan, the following control tasks should be assigned to the local department of public education:

- hygienic organization and conduct of lessons;
- adequacy of lessons and breaks;
- the acceptance of the terms and duration of vacation during the academic year;
- the number of lessons per day and week is normal;
- organization of equipping classrooms with the necessary equipment for measuring anthropometric indicators of children and adolescents;

- organization of current control over food and kitchen blocks, food storage, their quality and calories;

- compliance with sanitary-epidemiological regulations and sanitary-hygienic requirements in general education schools, academic lyceums and colleges, the provision of room lighting, periodic ventilation and the introduction of the correct selection of school furniture.

In a healthy lifestyle, first of all, it is important to explain the importance of rational planning and regular adherence to the agenda, the optimal unity and norm of the agenda, mental work and physical activity, daily routine, its physiological basis.

One of the factors of a healthy lifestyle is proper nutrition, which is important in maintaining human health.

Nutritional hygiene - the need of children for food, vitamins, micronutrients, ways to prevent food poisoning and its prevention, eating disorders, the impact of excess weight on health - is the basis of a culture of nutrition.

Proper planning of mental and physical labor in the educational process on the basis of hygienic requirements, proper organization of rest, adherence to sleep hygiene, prevention of sleep

disorders and insomnia in children, attention to children's movement and health, work hygiene, prevention of fatigue and overwork issues such as acquisition.

Well-known physiologist I.Pavlov said: - Modern man should not live less than 100 years, and this is mainly due to the wrong lifestyle.

In the period of independent development of the Republic of Uzbekistan, personal hygiene, health promotion and prevention of common diseases have become a powerful factor in the prevention of cardiovascular, neuropsychiatric, infectious and other diseases. It effectively combats hypodynamics and neuropsychological stress, as well as allows to increase the body's ability to adapt to external environmental factors and conditions that occur in the process of scientific and technological progress. The range of issues included in the concept of personal hygiene is very wide. These include personal hygiene at work, at meals, keeping one's home clean, and so on. Also:

- skin and oral care;
- training and physical education;
- pygienic principles of daily routine;
- clothing and head hygiene are also the main criteria of personal hygiene.

The purpose of this recommendation is to deepen and expand students' knowledge of hygiene, which is a preventive network that studies the effects of environmental factors, mental and physical labor on the human body, equipping them with the necessary knowledge of hygiene, first aid to the injured, physical and mental strength. influencing the upbringing of the younger generation.

Personal hygiene products, knowledge of infectious diseases, stages of infectious diseases, incubation and acute period, recovery, prevention of infectious diseases, food hygiene, diet and diet, hygienic assessment of drinking water, hypo and avitaminosis, their role in teaching students about healthy lifestyles prevention, information on infectious, non-infectious, acute and chronic diseases of the digestive organs.

Also, skin functions and the causes of their deterioration, skin care, allergies, purulent and fungal diseases, prevention of pruritus, clothing hygiene. Depending on the weather conditions, knowledge is also provided on the choice of clothing and footwear, skin care products, prevention of skin diseases.

The role of lifestyle in maintaining and strengthening health in the educational process is as follows;

- division of human life into periods;
- Determining the laws of growth and development of children, their physical condition;
- Correction of anatomical and physiological defects in childhood;
- hygienic basis of correct posture;
- Types of disorders of the body, causes and methods of correction in children and adolescents;
- Goals and objectives of physical education. The effect of exercise on the development of the growing organism. Exercise and exercise. Hygienic principles of physical education. Using the natural forces of nature - sun, air and water - to strengthen and strengthen the body. The importance of physical education in a healthy lifestyle, it is necessary to pay special attention to the issues and to form these concepts in students.

The view that human life is in harmony with nature is leading, and therefore natural disasters are interpreted as punishments sent by natural forces for negative actions committed by humans. It is estimated that the best way to prevent such catastrophes is not to harm nature, but to preserve and enrich it. In essence, this idea is reflected in one of the main categories of a healthy lifestyle.

Indeed, nature, as well as achieving environmental cleanliness, prevents the emergence of diseases that are prevalent among humans and pose a serious threat to human health. Examples of important sources in the origin of various infectious diseases are hot and cold weather, hunger, mental anguish, eating spoiled food, lack of cleanliness and environmental cleanliness, the proliferation of various pests and air pollution.

The ideas put forward in the Zoroastrian holy book, the Avesto, are particularly noteworthy. Another noteworthy aspect of the work is that when it comes to sanitation, it shows ways to achieve environmental cleanliness. In particular, covering rubbish, burying contaminated areas with soil, stone or ash. In this way germs are killed and reduced. Losing them by means of fire, heat and cold is recognized in the Avesto as the most effective means of cleansing and eliminating danger. Even the clothes were decontaminated by the fire. Various microbes have also been killed by burning or dripping their way by chemical means, ash, vinegar, wine, various herbs, incense, onions, aloe, and others.

The study of the basics of a healthy lifestyle expands the knowledge of students - young people about human health, the factors that affect it and ways to improve it. Develops training and skills related to mastering the simplest methods of health, natural environment research, self-monitoring, improving the environment, and promoting knowledge of ecology and hygiene.

They should use the knowledge gained in the educational process about a healthy lifestyle throughout their lives, assist in the implementation of state programs in the family, neighborhood "Year of Healthy Generation", "Health - Health" and the fight against negative environmental factors, including In order to protect the environment, it is necessary to take into account the following:

- to provide young people with environmental knowledge, to develop the necessary skills and abilities and to form an environmental culture;

- factors affecting human health. The relationship between ecology and medicine in the study of human health. Human responsibility for their own health and the protection of the environment.

Knowledge of the dependence of health on the environment;

- the impact of natural factors on health;

- environmental factors and the spread of disease;

- changes in the natural environment due to human activities, pollution of the environment with agricultural and industrial wastes;

- transport is a factor of environmental pollution;

- public organizations for nature protection, their functions;

- nature and manners. Prevention of unlimited use of natural resources;

- weather, climate and their hygienic significance. Hygienic importance of green plants;

- the impact of the environment on human health.

Carrying out various activities on ecology and health, the implementation of the above tasks to combat the factors that negatively affect the environment, will have a positive impact on the healthy, harmonious growth of future generations.

Every student should have knowledge about the concept of "Health", health factors, the protection of the body in health care.

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