

## EFFECT OF MILK ON CHILDREN'S ORGANISMS

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### Abstract:

This article is written about the positive effect of cow's and goat's milk consumed in the morning breakfast on the children's body. The composition and beneficial properties of cow and goat milk are widely covered.

**Keywords:** milk, metabolism, health, immunity, blood circulation, calcium, vitamin, breakfast, organism.

### Introduction

In order to strengthen the health of young people, who are the future of the country, it is important to provide them with proper and high-quality nutrition, which is the basis of a healthy lifestyle. A person's long life depends on proper and high-quality nutrition.

Literature analysis and methodology

The founder of medical science, Abu Ali ibn Sina, in his book "The Laws of Medicine" has many good ideas about nutrition, which have not lost their value even in modern times. Abu Ali ibn Sina assessed each product and studied its effects on the human body. According to him, food affects the human body as follows, depending on its composition:

- 1) quality effect;
- 2) substance effect;
- 3) influence of certain substances - toxic substances, alcohol, etc.

Abu Ali ibn Sina expressed invaluable opinions about the oral cavity, digestion, appetite, eating habits, the importance of water and milk, and the organization of children's meals. The ancient Greek philosopher Socrates commented on the standard of eating: "Man does not live to eat, but eats to live." The famous scientists of the East, Al-Khorazmi, Ar-Razi, Abu Rayhan Beruni, Bukhari contributed to the development of the science of food hygiene with their thoughts on food culture [6].

At present, more attention is paid to food hygiene, because proper nutrition is a guarantee of good health, efficiency, freshness and beauty. Eating culture means the way of eating in moderation. It is knowing how much and when to eat food, how to decorate the table.



How much food should a person eat in a day? It depends on the need for food, the source of energy necessary for human growth and the regular renewal of body cells, as well as the building material, the age of the person, gender, work schedule, and the climatic conditions of the place of residence.

A person should get as much energy with food as he spends in a day. Ibn Sina admits to pay attention to the nutritional value and ease of absorption of food. He gives recommendations on how to eat while performing various physical exercises on an empty stomach [5].

All products made from milk are dairy products. Dairy products have a high energy value and are considered important for the functioning of the body. The growth and development of the child's body has a positive effect on the physiological processes in the body.



Figure 1. Milk and milk products

Milk is a very important and most important healthy product. Every baby started his life with his mother's milk. It provides all the necessary nutrients, vitamins, and also strengthens the immune system. Milk treatment is important during colds, and some of the most beautiful women in history have taken milk baths. cow's milk is very well absorbed by the gastrointestinal tract.

Milk (100 g)  $\approx$  58 kcal. Main ingredients: Provitamin A  $\approx$  0.02 mg %, Vitamin B1  $\approx$  0.03 mg %, Vitamin V  $\approx$  0.13 mg %, Vitamin RR  $\approx$  0.10 mg %, Vitamin C  $\approx$  1.0 mg %, V6 vitamin  $\approx$  0.65 mg %, vitamin B12  $\approx$  4.5 mg %, folic acid  $\approx$  0.1 mg %, paraaminobenzoic acid  $\approx$  10.0 mg %, vitamin D  $\approx$  4 mg %, vitamin E  $\approx$  0.15 mg %, potassium  $\approx$  146 mg %, sodium  $\approx$  50 mg %, calcium  $\approx$  121 mg %, magnesium  $\approx$  14 mg %, phosphorus  $\approx$  91 mg %, iron  $\approx$  0.1 mg %, cobalt  $\approx$  2.7 mg %, protease, lipase, amylase, catalase enzymes [4].





Figure 2. Composition of dairy products

Goat milk helps to build immunity in the body. Calcium in milk strengthens hair, bones and nails. The presence of potassium in milk ensures the normal functioning of the heart system, and thanks to cobalt, the body's metabolic processes are better regulated. Phosphates and proteins, as the main components of milk, reduce the acidity of the stomach, so goat's milk has great benefits.

### The main reasons for drinking milk are:

**Reason 1:** It has a positive effect on bones and teeth.

Calcium is one of the most important macroelements for the vital activity of the body. It participates in the process of blood clotting, affects muscle contraction, regulates the secretion of hormones and neurotransmitters. But its main task is to strengthen the health of bones and teeth. Milk is rich in calcium. 100 ml contains 120 mg of this mineral.

**Reason 2:** strong immunity. To properly absorb calcium, the body needs vitamin D, which increases the absorption of calcium by the cells of the stomach by 30-40%, and also helps the absorption by the kidneys. But the beneficial functions of vitamin D do not end there. Thus, vitamin D affects the area of the bone marrow that produces monocytes—cells that strengthen the immune system. Milk does not contain a lot of vitamin D, but it is enough to absorb calcium and increase immunity. Additionally, milk enriched with vitamin D is produced.

**Reason 3:** Improve mood. Thus, vitamin D is involved in the production of some hormones. Specifically, serotonin. This is the hormone of happiness. It directly affects mood, appetite and sleep. Disruptions in serotonin production lead to feelings of fatigue and even depression. Maybe that's why a glass of milk with a cookie is so warm and comforting.



Reason 4: strengthening the heart and blood vessels. More than calcium, milk contains only potassium: 146 mg per 100 ml. potassium, in addition to maintaining the acid balance of the blood and the water balance of the body, participates in the transmission of nerve impulses and is necessary for protein synthesis, it also plays an important role in expanding blood vessels and lowering blood pressure.

People who drink low-fat milk enrich the body with potassium, thereby strengthening blood vessels, normalizing blood pressure and heart rhythm.

Reason 5: muscle growth. Milk contains a lot of protein. Protein is the main building material for muscles. It is not for nothing that many athletes drink it after training. During physical activity, the protein in muscle tissue is destroyed - it needs fuel for recovery.

Reason 6: good sleep. In addition to aiding muscle growth and recovery, protein-rich foods also have a beneficial effect on sleep. They induce drowsiness and calm digestion. Milk helps produce melatonin, a hormone that regulates human circadian rhythms. Try to drink a glass of warm milk with honey when you are not sleeping and do not feel that you are sleeping.

Reason 7: beautiful skin. One of the secrets of Cleopatra's divine beauty is the famous milk baths. This drink is still widely used in cosmetology. But in order to have beautiful skin, it is not necessary to apply milk to it in the form of a mask. Vitamin A is called the vitamin of beauty. It helps the synthesis of hyaluronic acid in the epidermis, so the skin has a toned appearance. Also, for the skin of the face, vitamin A is the main factor in the formation of collagen, which is responsible for the freshness and elasticity of the skin.

Reason 8: availability and security. City residents are deprived of the opportunity to drink cow's milk directly. But modern technologies make it possible to preserve all the useful substances of milk: vitamins D and A, calcium, potassium, phosphorus, protein, etc. This is called ultrapasteurization. During this unique process, high-quality milk is treated with gentle heat. As a result, it is cleaned of microbes, but retains vitamins and minerals.

## CONCLUSIONS AND RECOMMENDATIONS

Therefore, the healthy development of children depends on the products they consume. Dairy products contain Ca, K, Mg and other vitamins and 20 amino acids that are useful for the human body.

First of all, goat's milk is easy to digest. If your body needs energy, but you can't eat a lot of food, goat's milk provides the optimal ratio of both calories and nutrients.

Thus, by observing and researching milk, we have come to the following conclusion: the benefits of milk, especially goat's milk, have been known for centuries and are indisputable. Nutritious goat's milk has useful properties, it is even used in medicine, it can help a patient to get back on his feet quickly, give strength to a weakened person, and also cure many human diseases. Goat's milk is truly a valuable elixir of health and a nutritious food for all.

Goat's milk has a positive effect on the development of the body and its health, and it is also healthier than cow's milk.

Recommendation. Eat milk in moderation every day. Milk belongs to protein products. Digestibility of milk protein is high. Therefore, the product is fully absorbed by the body. Milk: has a positive effect on bones and teeth, strong immunity, mood improvement, heart and blood



vessel strengthening, muscle growth. Milk has a lot of protein, good sleep, beautiful skin, availability and safety.

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