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NUTRITION OF STUDENTS
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Relevance. The problem of students' nutrition is relevant and very important because regular and balanced diet should be part of their daily lives. Food supplies the energy for every action we perform. It also provides nutrients that the body needs to build and repair its tissues and to regulate its organs and systems. Eating a balanced diet is the best way to ensure that the body receives all the food substances it needs to overcome the students' academic workload and stress due to credits and exams.

Objective: to study nutrition of the students and give the key to a varied diet.

Materials and methods. We used methods of interview and analysis, recent scientific articles devoted to a healthy lifestyle and documentary films.

Results and their discussion. We interviewed 30 students from 2 groups of BSMU and obtained the following results:

1. How many times a day do you eat?

31%—once a day

43%—twice a day

18%—three times a day

8%—more than three times a day

2. What do you prefer to eat?

53%—food from home

22%—self-cooked food

21%—canned food

4%—other

3. How often do you eat fast food?

26%—often

60%—seldom

14%—do not eat at all

Conclusion. On the average the students' diet is poor in vitamins, proteins, carbohydrates and minerals, which are necessary for the organism. The diet is irregular, unhealthy and even harmful to stay strong and healthy. The amount of essential nutrients needed daily should be sufficient to maintain good health of students and, therefore, their diet should include vegetables, fruit, bread, cereals, rice, pasta, milk, meat, fish, eggs, cheese, nuts and should be limited in the intake of sodium, sugar, saturated fats, cholesterol and alcohol. It is difficult to follow a well-balanced diet but everybody should try to develop good nutritional habits.