

THE IMPACT OF THE FOOD PROBLEM ON HUMAN HEALTH

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Annotation: In fact, food security is a very broad concept, which, first of all, implies providing the population with consumer goods in accordance with physiological standards. However, it is worrying that recently the growth in food production has lagged behind the growth in population and needs, especially in countries where there are insufficient conditions for the development of agriculture and the processing industry.

Key words: food, safety, amino acids, vitamins, minerals, microelements.

International expert studies on ensuring food security show that the complex situation in the world and in some of its regions is causing serious concern and anxiety. Today, this problem is considered one of the most urgent and serious threats to the world community.

According to the UN Food and Agriculture Organization and the World Health Organization, currently more than 840 million people in the world, that is, almost one in eight people, are malnourished, more than 30 percent of the planet's population is experiencing the problem of malnutrition, a lack of the most important microelements and vitamins. Due to such reasons, more than 160 million children suffer from stunted growth, physical and intellectual development. This gap is deepening, first of all, in countries and regions where there are no appropriate conditions for the intensive

production of food products. This is primarily due to the ongoing ecological degradation of the environment, the unpredictable consequences of climate change, frequent droughts and water resource shortages, including the depletion of groundwater for irrigation, and insufficient investments in irrigation, land reclamation, and land restoration.

The ecological degradation of land is further aggravated by the incessant use of chemicals, mineral fertilizers and pesticides. These are also accompanied by problems related to urbanization, i.e. the processes of urbanization, and the migration of the population from rural to urban areas. As a result, the arable land for growing food is significantly reduced. It is also impossible to ignore the fact that in a number of Asian countries, such as China and India, the income of the population is growing rapidly, and the volume of food consumption is increasing accordingly. Huge losses are being incurred in the delivery of food products to the consumer under the "farm to fork" scheme. According to the UN Food and Agriculture Organization, about 1.3 billion tons of food products worth almost \$ 1 trillion are wasted in this way every year. When determining the normal need for food products, it is extremely important to take into account that the task of ensuring nutrition based on a balanced diet does not consist only of food products with a normal calorie content and consumed daily.

A complete diet largely depends on its composition, on the fact that the consumed food products provide the necessary amount of nutritious and high-quality substances necessary for the normal development and functioning of a person, proper metabolism in his body, strengthening health, preventing diseases, slowing down the aging process and prolonging life. In this regard, the consumption of irreplaceable amino acids, vitamins, minerals, microelements and other substances that cannot be produced by the body on its own, along with food, is of the greatest importance for human life.

These beneficial substances, vitamins and microelements are found in large quantities only in vegetables, fruits and grapes, and no other product can replace them. In other words, it is no secret that human health, a long and prosperous life, is closely

related to ensuring proper and balanced nutrition, and fruits and vegetables should be its most important component.

We prefer to use organic fertilizers, which have always been used and are a priority for us, instead of mineral fertilizers, pesticides and similar means. Other chemical agents can be used to combat agricultural pests. But they cannot be used as stimulants, that is, as a means of accelerating crop development, because the best, proven means in this regard are organic fertilizers. According to the World Health Organization, today in developing countries, instead of the recommended daily intake of 400 grams per person, a very small amount of fruits and vegetables is consumed - only 150-200 grams.

According to the recommendations of international nutritionists, at least 50 percent of the food consumed by a person should be fruits and vegetables. About 16 million tons of fruits and vegetables are grown in our country annually. The population consumes about 300 kilograms of vegetables, 75 kilograms of potatoes and 44 kilograms of grapes per capita. This is three times more than the optimal, that is, acceptable, consumption rate. It is known that carbon dioxide makes up a small part of the "greenhouse effect". However, this is enough for it to exert its influence on the atmosphere. Carbon dioxide warms our planet. This, in turn, causes an increase in water vapor in the Earth's gas layer. Scientists predict that over the next few thousand years, greenhouse gases released from the burning of all existing fuels on Earth could cause sea levels to rise by 58 meters, the complete melting of Antarctic glaciers, millions of square kilometers of land to be submerged, and air temperatures to rise by several degrees.

This means that not only cold-loving animals such as polar bears and penguins, but also the natural balance will be disrupted.

These issues have recently become the main topic of two major international conferences held in Paris and Johannesburg. The impact of global climate change on solving the food problem is manifested in various forms of environmental disasters, including drought, desertification, which is taking on a global character on a global

scale. Human health directly depends on the ecologically clean production and preparation of the products they consume.

According to the facts presented by the World Health Organization, 5 million people worldwide suffer from endocrine and tumor diseases, and these diseases have a direct impact on areas where environmental factors are unfavorable from a geographical point of view. Environmental pollution with carcinogenic substances is the result of its ingestion into the digestive system with food, drinking water, and causing various diseases.

According to scientists, benzo (a) pyrene and other carcinogens are found in large quantities in food, meat, and dairy products. One of the main reasons for the presence of benzo (a) pyrene in water bodies is the discharge of industrial wastewater into open water bodies without treatment. Thus, the ecology of soil, water, atmosphere, and food is of great importance to humans. Thus, tolerance, adaptation, and adaptation to a changing environment are determined by social relations. In essence, a dialectical approach to "natural" and "artificial" development in order to ensure the sustainable development of society requires the ability to foresee scientifically based socio-hygienic and ecological changes and the development of appropriate measures.

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