The results obtained from the experimental observations on the nutrition of schoolchildren depending on the daily energy expenditure and their physiological and statistical analysis.

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Annotation: The issue of restoring children's ability to work faster is one of the most complex issues in the study of students' agenda and load of learning_ . Influenced by favorable conditions of the external environment, the organism of children and adolescents grows and grows up. When the agenda is properly organized, the child is not tired, stereotypes are formed in the nervous system, and children become disciplined and disciplined. When the order of the day is not followed, the child becomes fully resting, his sleep, his appetite deteriorates, his temper deteriorates, and his work abilities decrease.

An agenda that can ensure a wise distribution of work and leisure time during the day is of great importance in maintaining students' long, time-spanning ability and nervous system arousal at a high level.

Keywords: reader, energy, chronometer, washing, dressing, running, reading, bodybuilding, getting up from sleep.

Studies were conducted by analyzing the daily routine of 6-7 graders in Fergana city schools. Students' daily energy consumption was studied by chronometer method.

Chronometerx-1
1.Abdusattorov A.

Components of the agenda	Time	Components of the day-to-day network	Time
Getting up in the morning	6^{00}	Yechinib-kiyinish	$14^{30} - 14^{40}$
Seat collection	$6^{00} - 6^{05}$	Kechki tushlik	$14^{40} - 14^{50}$
Morning bodybuilding	$6^{05} - 6^{10}$	O'ynash football	-
Yuvinish	$6^{10} - 6^{20}$	Hordiq	45(during the day)
Kiyinish	$6^{20} - 6^{30}$	O'Yin	80(during the day)
Breakfast	$6^{30} - 7^{00}$	Sports	-

Heading to school 1) Pedestrian (walking) 2) damasda (o'tiradi)	7^{30} - 8^{00} 30' -	Chores	14^{50} -17^{00}
Maktabdagi darslar(ta'lim)	8^{00} - 14^{00}	Dinner	17^{00}-17^{40}
Tushlik	10^{20} - 10^{40}	Watch TV	40(kundavomida)
Walks (during break)	25	Lesson training	17^{40}-20^{40}
Returning from school 1) Pedestrian (walking) 2) damasda (o'tiradi)	14^{00}-14^{30} 30 -	Read a book	20^{40}-21^{20}
		Sleep	21^{30}

Xronometraj-2
2.Akramjonov M.

Components of the agenda	Time	Components of the agenda	Time
Getting up in the morning	6^{00}	Yechinib-kiyinish	15^{20} -15^{50}
Seat collection	6^{00} - 6^{05}	Kechki tushlik	15^{10} -15^{20}
Morning bodybuilding	6^{05} - 6^{10}	O'ynash football	-
Yuvinish	6^{10} - 6^{15}	Hordiq	45(during the day)
Kiyinish	6^{35}-7^{00}	O'Yin	90(during the day)
Breakfast	6^{15}-6^{35}	Sports	-
Heading to school 1) Pedestrian (walking) 2) damasda (o'tiradi)	7^{00} - 7^{30} 30' -	Chores	19^{50}-20^{00}
Maktabdagi darslar(ta'lim)	8^{00} - 14^{00}	Dinner	20^{00}-20^{20}
Tushlik	10^{20} - 10^{40}	Watch TV	30(during the day)
Walks (during break)	25	Lesson training	15^{50}-19^{50}
Returning from school 1) Pedestrian (walking) 2) damasda (o'tiradi)	14^{00}-15^{00} 60' -	Read a book	10'
		Sleep	20^{20}

Final results of the agenda of 6th graders

jadval-6

Day-to-day	Total time of 25 readers (min.)	Energy consumed (in kkal. account)	Total spent blood energy (in kkal. account)	The energy consumed by each teacher (in kkal. account)
Sleeping and collecting space	83min.	2kkal.	166 kkal.	6.64 kkal.
Badantarbiya	221min.	5.70kkal.	1259.7kkal.	50,388kkal.
Yuvinish	221min.	1.50kkal.	331.5kkal.	13.26kkal.
Kiyinish	340min.	1.69kkal.	574.6kkal.	22,984kkal.
Breakfast	720min.	1.87kkal.	1346.4kkal.	53,856kkal.
Hiking to school	795min.	2.39kkal.	1900.05kkal.	76,002kkal.
Maktabdagi darslar (ta'lim)	7385min.	1.50kkal.	11077.5kkal.	443.1kkal.
Tushlik	500min.	1.87kkal.	935kkal.	37.4kkal.
Walks (during break)	625min.	0.40kkal	250kkal.	10kkal.
Walking home	950min.	2.39kkal.	2270.5kkal.	90.82kkal.
Sitting in Damascus	160min.(2nafar o'quvchi)	1.6kkal.	256kkal.	128kkal.
Yechinish	252min.	1.69kkal.	425.88kkal.	17.0352kkal.
Kechki tushlik	458min.	1.87kkal.	856.46kkal.	34.2584kkal.
O'ynash football	70min.(1nafar o'quvchi)	7.14kkal.	499.8kkal.	499.8kkal.
Hordiq	1310min.	1.2kkal.	1572kkal.	62.88kkal.
O'Yin (o'gil bolalar13nafar) (1nafar) (1nafar) (Girls8nafar) (2nafar)	1040min. 40min. 20min. 720min. 20min.	14kkal. 14kkal. 14kkal. 9kkal. 9kkal.	14560kkal. 560kkal. 280kkal. 6480kkal. 180kkal.	1120kkal. 560kkal. 280kkal. 810kkal. 90kkal.
Sports	330min.(3nafar o'quvchi)	7.68kkal.	2534.4kkal.	844.8kkal.
Chores	1875min.	3.44kkal.	6450kkal.	258kkal.
Dinner	975min.	1.87kkal.	1823.25kkal.	72.93kkal.
Watch TV	2010min.	1.6kkal.	3216kkal.	128.64kkal.
Lesson training	3460min.	1.46kkal.	5051.6kkal.	202,064kkal.

Read a book	80min.(3nafar o'quvchi)	1.50kkal.	120kkal.	40kkal.
Sleep	13240min.	0.093kkal.	1231.32kkal.	49.2528kkal.

Adding the average energy consumed by each student, we extract the total amount of energy consumed: The result was 1629.51kcal.

We add to this amount of energy the amount of energy gone for the game:

1629.51kkal.+1120kcal.=2749.51kcal. (13nafar o'g'il bolalar uchun).

1629.51kcal.+560kcal.=2189.51kcal. (1nafar o'g'il bola uchun)

1629.51kkal.+280kcal.=1909.51kcal. (1nafar o'g'il bola uchun)

Now we find the amount of energy consumed by the 2nd (2nd boy) who reads the book:

2749.51kcal.+40kcal.=2789.51kcal. (2nafar o'g'il bolalar uchun)

We calculate the energy spent by 1 student who is involved in sports:

1909.51kcal.+844.8kcal.=2754.31kcal. (1nafar o'g'il bola uchun)

The energy spent by the 1nafar (1 boy) student who left Damascus is as follows:

2189.51kkal.+128kkal.=2317.51kcal. (1nafar o'g'il bola uchun)

We calculate the amount of energy consumed by 1 student who plays football:

2189.51kkal.+128kkal.+499.8kkal.=3260.51kkal.2817.31kcal. (1nafar o'g'il bola uchun).

And now, using the above Table 1-2, we find each of the students' energy consumption, depending on their height and weight. To do this, we use the table that shows the height and weight of the 6th graders:

Information about the height (cm.) and weight (kg.) of 6th graders

jadval-7

Name	Height (cm.)	Weight (kg.)
A.Abdusattorov	152sm.	40kg.
M.Akramjonov	132sm.	30kg.
Sh.Akramov	148sm.	38kg.
A.Ergashev	144sm.	30kg.
A.Husanboyev	152sm.	43kg.
B.Erkinjonov	148sm.	40kg.
H.Hasanboyev	140sm.	37kg.
D.Hasanov	152sm.	42kg.
A.Jumayev	148sm.	40kg.
M.Madaminov	160sm.	43kg.
Z.Tolibjonov	140sm.	38kg.
I.Muhammadjonov	148sm.	47kg.
O'. G'anijonov	144sm.	31kg.
Zaylobiddinov	156sm.	47kg.
Y.Yusupov	152sm.	38kg.
S.Tursunov	152 sm.	35kg.

Using Table 1 above, we calculate the main exchange of 13-year-old boys:

To do this, calculate the differences between the 192cm and 132cm given in Table 1, the result is added, and the value of the aorta is determined. Result=30

In view of this, the main exchange (in calorie account) of 13-year-old boyswas found:

Calculation of the main exchange of boys by height (cm)

jadval-8

	13yashar
132sm.	523
136sm.	553
140sm.	583
144sm.	613
148sm.	643
152sm.	673
156sm.	703
160sm.	733

Now, depending on the weight, we calculate the main exchange of boys.

To do this, give 60kg in the table. from 44kg. We calculate the difference between the given values: the sum of results and the average value will be found.

The table provides the value of the main exchange of boys from 60kg to 44kg. Through the results of the study, we calculate the main exchange of lower-class boys from 43kg to 30kg:

Weight of the main exchange of boys (kg.) Calculation by

Final table of basic exchange of 6th graders

jadval-12

№	Name	Yoshi	Height	In calorie count	Weight	In calorie count	Total calories
1	A.Abdusattorov	13	152sm.	673	40kg.	616	1289
2	M.Akramjonov	13	132sm.	141	30kg.	950	1091
3	Sh.Akramov	13	148sm.	643	38kg.	588	1231
4	D.Bozorova	13	152sm.	206	41kg.	1049	1255
5	A.Ergashev	13	144sm.	613	30kg.	476	1089
6	A.Husanboyev	13	152sm.	673	43kg.	658	1331
7	B.Erkinjonov	13	148sm.	643	40kg.	616	1259
8	H.Hasanboyev	13	140sm.	583	37kg.	574	1157
9	D.Hasanov	13	152sm.	673	42kg.	644	1317
10	A.Jumayev	13	148sm.	643	40kg.	616	1259
11	M.Madaminov	13	160sm.	733	43kg.	658	1391
12	Z.Tolibjonov	13	140sm.	583	38kg.	588	1171
13	I.Muhammadjonov	13	148sm.	643	47kg.	713	1356
14	O'. G'anijonov	13	144sm.	613	31kg.	490	1103

15	Zaylobiddinov	13	156sm.	703	47kg.	713	1416
16	Y.Yusupov	13	152sm.	673	38kg.	588	1261
17	S.Tursunov	13	152sm.	673	35kg.	546	1219

We add the total number of calories:

Result=1239.08 calories

We turn this value into kilocalories:

1239,08/1000=1,23908=1,24

This indicator is the value of the main exchange in 1 hour. Since this value is 1 hour and 24 hours during the day, we multiply it by 24:

It was equal to 1.24x24=29.76 kilocalories.

We now add the amount of energy that each above-mentioned student has gone for the main exchange to the total amount of energy they spend:

1629.51kcal.+1120kcal.+29.76kcal.=2779.2kcal. (13nafar o'g'il bolalar uchun)

1629.51kkal.+560kcal.+29.76kcal.=2219.27kcal. (1nafar o'g'il bola uchun)

1629.51kkal.+280kkal.+29.76kkal.=1939.27kcal. (1nafar o'g'il bola uchun)

Among these readers, we find the amount of energy consumed by a book reader who reads 2 books:

2779.2kkal.+40kkal.=2819.2kcal. (2nafar o'g'il bola uchun)

We calculate the amount of energy spent by the 1nafar (1nafar boy) student involved in sports:

1939.27kcal.+844.8kcal.=2784.07kcal. (1nafar o'g'il bola uchun)

In Damascus, the amount of energy consumed by the 1nafar (1nafar boy) student is as follows:

2219,27kkal.+128kkal.=2347,27kkal(1nafar o'g'il bola uchun)

We find the amount of energy spent by a football player:

2219.27kkal.+128kkal.+499.8kkal.=2847.07kcal. (1nafar o'g'il bola uchun)

Children and adolescents (ages 6-17) need for nutrients and energy

jadval-13

Yoshi	Energiya, kDj(s.)	Oqsillar,gr.		Fats,gr.		Uglevodlar,gr.	
		Jami	animal protein	Jami	plant moyi	Jami	Easy-to-digest
6yosh	8242 (1970)	68	44	68	10	272	68
7-10yosh	11715 (2800)	79	47	79	16	315	78
11-13yosh (boys)	11297 (2700)	93	56	93	19	370	92
14-17yosh (o'smirlar)	12134 (2900)	100	60	100	20	400	100

Composition and quantity of 1-day meals for 6th graders

1.A.Abdusattorov

Nonushta: Kechki tushlik:

1)novvot-30gr.=123kcal1)non-150gr.=382.5kcal

2)o'rik-20gr.=8.8kkal2)qaymoq-30gr.=63.9kkal

3)sut-100gr.=67kkal 3)shakar-10gr.=39kkal

4)uzum-100gr.=66kcal Jami:485,4kcal

5)qaymoq-40gr.=85.2kcal

Non-150gr.=382.5kcal

Total:732.5kkal Dinner:

Lunch: 1) beef-50gr=67.5kkal

1)grechka-50gr.=173kcal   2)teacherch-100gr=332kcal

2) molecule meat-30gr.=40.5kkal 3)soap-20gr=6.2kkal

3)sabzi-10gr.=3.1kcal4)piyoz-10gr=4.3kcal

4)piyoz-20gr.=8.6kkal5)pomidor-20gr=3.8kkal

5)kartoshka-20gr.=14.2kkal 6)non-50gr=127.5kkal

6)yog'-20gr.=185.4kcal 7)qatiq-50gr=43kcal

7)non-150gr.=382.5kcal 8)yog'-15gr=139.05kcal

Jami:807,3kcal Jami:723,35kcal

                    Jami:2748,55kcal

Amount of energy consumed:2819.2 kcal

 2.M.Akramjonova

Nonushta: Kechki tushlik:

1)non-100gr=255kcal

2)qaymoq-50gr=106.5kcal   1)teacherch-100gr=332kcal

3)shakar-30gr=117kcal 2)mol go'shti50gr=67.5kcal

Jami:478,5kcal 3)kartoshka-20gr=14.2kcal

                         4)piyoz-20gr=8.6kcal

Tushlik: 5)sabzi-20gr=6,2kkal

1)kolbasa-100gr=340kcal 6)pomidor-10gr=1.9kcal

2)bo'lka-100gr=282kkal 7)yog'-15gr=139,05kkal

Jami:622kcal 8)non-50gr=127.5kcal

Jami:696.95kcal

Dinner:

1) molecule meat-100gr=135kkal 4)yog'-20gr=185.4kkal

2)kartoshka-100gr=71kkal 5)non-100gr=255kkal

3)piyoz-30gr=12.9kcal Jami:659,3kcal

Jami:2456,75kcal

Sarflagan energiyasi:2509.27 kkal

The content and amount of the remaining students' 1-day meal is listed in the appendix.

We add kilocalories of boys' 1 day's food:40832,95/15=2722,196kkal (the average energy of boys' 1 day's food).

In conclusion, boys in meal regimen receive an average of 2722,196kcal, energy through breakfast, lunch, dinner and dinner, depending on their milk power consumption. The main exchange was calculated using standard tables. There were no exclusions from the main exchange in the student body.

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