



FOOD QUALITY AND SAFETY

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Abstract: In order to ensure the health of the population of our country, the quality and safety of food products is one of the most important environmental issues. The quality of food products is a set of characteristics that reflect the ability of the product to provide organoleptic properties, the body's need for nutrients, its safety for health, reliability during production and storage.

Key words: Food, physiological, safety, nutrition, healthy, epidemiological, product, technology, additives, chemical.

One of the important environmental issues is the quality and safety of food products. Ensuring the health of the country's population is one of the priority areas of state activity. Food determines the most important physiological processes in the human body, it is the primary plastic material for building and renewing the human body, as well as a source of energy, therefore, nutrition is the most important tool that ensures the preservation of health, efficiency and creative potential of the nation.

By coordinating efforts to ensure food security and implement food policy, not only some governments, but also the Food and Agriculture Organization of the United Nations and the World Health Organization (WHO) also participate in international organizations. The urgency of the security problem is increasing every



year, because it is one of the factors that determine the health of people and the preservation of the gene pool.

The development of healthy eating programs began relatively recently, twenty years ago, in a number of countries. These programs are based on epidemiological data and modern concepts of health development, which prove that nutrition is one of the factors that actively influence health and mortality.

According to the definition of WHO, "food security of any country is the ability of the state to ensure the physical and economic availability of food products for all citizens and social groups of the country, with the availability of its own food production is to adopt a social policy that provides a guaranteed and adequate wage".

Food safety means the absence of risk to human health when consuming food, both in terms of acute adverse effects (food poisoning and acute intestinal infections) and the risk of long-term consequences (carcinogenic, mutagenic should be understood as

The Law "On the Quality and Safety of Food Products" uses the following basic concepts in the study of food raw materials and food safety issues:

Health is a state of complete physical, mental, and social well-being, not merely the absence of physical or infirmity.

Food raw materials - objects of plant, animal, microbiological and mineral origin, water used for the production of food products.

Food products - products made from food raw materials and used for food, either natural or processed. Food products are divided into the following groups:

1. Mass consumption products developed according to traditional technology and designed to feed the main groups of the population.

2. Medicinal (dietary) and therapeutic-prophylactic products - specially created for preventive and therapeutic nutrition. It is characterized by its changed chemical composition and physical properties. This group includes enriched, low-fat (the amount of fat is reduced by 33%), low-calorie (less than 40 kcal / 100 g) content with a small amount of sugar, cholesterol, sodium chloride.

3. Food products for children - designed to meet the nutritional and physiological needs of children under 14 years of age.

Food additives are natural or artificial substances and their combinations specially added to food products during their production in order to give certain properties to food products and (or) maintain the quality of food products.



Biologically active additives are natural (same as natural) biologically active substances intended to be consumed simultaneously with food or added to food products.

The quality of food products is a set of characteristics that reflect the ability of the product to provide organoleptic properties, the body's need for nutrients, its safety for health, reliability during production and storage.

Biomedical requirements for the quality of food products are a set of criteria that determine the nutritional value and safety of food raw materials and food products.

Nutritional value is a concept that reflects the completeness of the useful properties of a food product, including the level of satisfying human physiological needs for basic nutrients, energy and organoleptic properties. It is characterized by the chemical composition of the food product, taking into account the consumption of the generally accepted amount.

Biological value is an indicator of the quality of food protein, which reflects whether its amino acid composition corresponds to the body's need for amino acids for protein synthesis.

Energy value - this is the amount of energy in kilocalories released from food to ensure physiological functions in the human body.

Counterfeiting of food products and food raw materials - production and sale of fake food products and food raw materials that do not correspond to their name and recipe.

Identification of food products and food raw materials - identification of food products and food raw materials according to their names in accordance with regulatory documents for a specific type of product (food raw materials).

Technical documents - documents according to which food products, materials and products are produced, stored, transported and sold (technical conditions, technological instructions, recipes, etc.).

Certification of the quality and safety of food products, materials and products - a document confirming that the quality and safety of each batch of food products, materials and products of the manufacturer meets the requirements of regulatory and technical documents.

State policy in the field of healthy nutrition is a set of measures to create conditions that meet the needs of reasonable, healthy nutrition of different categories of the population, taking into account traditions, customs and economic situation.



Ensuring the safety of food products should be carried out at different levels: production, departmental, state and public:

The concept of state policy in the field of healthy nutrition in the period from 2005 to 2010. The importance of the health of the nation for the development and security of the country, the importance of a healthy diet for the young generation in terms of the future of the country, as well as supporting the producers of agricultural raw materials and food products, the country's food Based on the need to develop urgent measures to increase self-sufficiency, the state is taking certain steps.

1. Goals and tasks:

The goal of the state policy in the field of healthy nutrition is to maintain and strengthen the health of the population, to prevent diseases caused by improper nutrition of children and adults.

The main task is to create an economic, legal (legislative) and material base that provides the following.

- ✚ Production of food raw materials and food products in the required volume;
- ✚ Availability of food products for all segments of the population;
- ✚ High quality and food safety;
- ✚ Educating the population on the principles of rational, healthy eating;
- ✚ Continuous monitoring (monitoring) of the nutritional status and health of the population, as well as the quality and safety of food raw materials and food products.

2. Basic principles:

The object of the state policy in the field of healthy nutrition is a citizen of the Republic of Uzbekistan - a consumer of food products, a producer of food raw materials and food products, and legal relations between them are regulated by the legislation of the Republic of Uzbekistan. is placed.

Human health is the most important priority of the state.

Food products should not harm human health.

Raw materials or components for the production of food products must be grown, produced or processed in conditions that exclude the appearance and accumulation of substances that can harm human health.

During technological processing, transportation, storage and sale to the public, any actions with agricultural raw materials or food products should exclude the possibility of contamination, damage and turning into dangerous products for human health and life.



Eating should not only satisfy the human body's need for nutrients and energy, but also perform preventive and therapeutic tasks.

Rational nutrition of children and their health should be a subject of special attention of the state.

The environment will be a source of air, water bodies and soil pollution for a long time, so the nutrition process should help the human body to adapt to unfavorable environmental conditions as a function of the relationship between man and the environment.

The state adopts legislation that protects people from consuming food products that are harmful to their health.

State policy in the field of healthy nutrition, continuous monitoring of the state of nutrition and human health, science and technology in the production of agricultural raw materials, food products, mineral fertilizers, veterinary drugs, vitamins and food hygiene based on the forecasts of its development.

3. The main direction jobs:

In the field of forming the legislative normative and information base:

Creation of a system of legislative documents regulating the production, storage, transportation, sale, quality and safety of food raw materials and food products in the direction of increasing the producer's responsibility for the quality (safety) of food products.

Consolidation of state policy in the field of healthy nutrition in legislation, including identification of priorities, sources of funding for activities, legal support for the formation and management of federal and regional targeted programs.

Food raw materials that reliably prevent harmful consequences that may enter the consumer market, legal requirements for determining the (ecological) purity of food products and food additives that have not been approved by state control organizations developing the basics.

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