NOZOOGEOGRAFIK VAZIYATNI YAXSHILASHNING IJTIMOIY-IQTISODIY VA EKOLOGIK MUAMMOLARNI O'RGANISH PRINSIPLARI

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ANNOTATSIYA

Insonlar salomatligi faqatgina ovqatlanish ratsioniga bog`liq bo`libgina qolmay, balki turli mineral moddalar bilan ham ehtiyojiga yarasha ta`minlanishiga bog`liqdir. Ovqatlanish ratsionida eng muhim ahamiyatga ega bo`lgan makroelementlarga kalsiy, fosfor, natriy, xlor, kaliy, mikroelementlarga yod, mis, kobalt, marganes, ruh, molibden, bor, temir va boshqalar kiradi. Bu mineral moddalar ayrimlarining organizmga kerakli miqdori gramm hisobida o`lchansa, boshqalari esa milligram hisobida o`lchanadi. Ammo mineral moddalarning ko`p yoki oz bo`lishidan qat`i nazar ular organizmda modda almashinuv jarayonlarida ishtirok etib hayotiy muhim vazifaligi xaqida gap boradi va yosh avlodni vatanparvarlik ruhida tarbiyalash, atrof-muhitni asrab avaylashga bag'ishlangan.

Kalit so'zlar: insonlar ratsioni, microelement, tibbiyot-geografiyasi, nozoogeografiya

PRINCIPLES OF STUDYING SOCIO-ECONOMIC AND ECOLOGICAL PROBLEMS OF IMPROVING THE NOSOOGEOGRAPHIC SITUATION.

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ABSTRACT

Human health depends not only on the diet, but also on the provision of various minerals. The most important macronutrients in the diet are calcium, phosphorus, sodium, chlorine, potassium, trace elements include iodine, copper, cobalt, manganese, zinc, molybdenum, barium, iron and others. Some of these minerals are measured in grams, while others are measured in milligrams. However, regardless of the presence of more or less minerals, they are involved in metabolic processes in the body and play a vital role in educating the younger generation in the spirit of patriotism, care for the environment.

Keywords: human diet, microelement, medical geography, nozoogeography