

Thus, it can be seen that in the business world, women have fewer opportunities for activity due to the presence of various barriers, which negatively affects the activities and career achievements of women, thereby reducing their self-confidence and self-esteem. In addition, although women entrepreneurs in Ukraine make up a quarter of business owners, they own mostly small businesses.

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TRENDS IN THE ORGANIZATION OF NUTRITION FOR SCHOOLCHILDREN IN UKRAINE

(ТЕНДЕНЦІЇ РОЗВИТКУ ОРГАНІЗАЦІЇ ХАРЧУВАННЯ ДЛЯ ДІТЕЙ ШКІЛЬНОГО ВІКУ В УКРАЇНІ)

Гармаш Н.О. – здобувач вищої освіти групи ХТ 3/1

Науковий керівник – Саламатіна О. О., доцент кафедри іноземних мов МНАУ

У статті йдеться про вплив шкільного харчування на здоров'я дітей та оновлення організації харчування в закладах освіти України.

Ключові слова: діти, шкільне харчування, реформа, дослідження, раціональне харчування, збірник рецептур страв.

This article discusses the influence with the impact of school nutrition on children's health and updating the organization of nutrition in educational institutions of Ukraine.

Key words: children, school nutrition, reform, research, nutrition, a collection of recipes.

A person eats constantly – from birth to death, and the trend of nutrition in Ukraine is negative: about 60% of adults are overweight or obese. That is, people do not eat the way they should. To change the situation, there are the most effective interventions. And the first of them is school meals [1].

The organization of school children's nutrition is associated with a number of features of development: during this period there is an acceleration of growth, complex reorganization of the endocrine system, significant mental stress and physical activity.

According to the latest WHO data, the child's health by 15% depends on the organization of the medical service, by 25% – from genetic features and 60% – from a balanced nutrition [2]. Regular and high-quality nutrition is prevention of both functional and organic diseases of the digestive system, as well as it prevents the development of such diseases such as obesity and diabetes. In school age, a certain food choice is gradually fixed in a nutritional habit and determines the formation of childhood health and adult population [3]. Therefore, today there is a question of such a school meal organization so that it is most useful and delicious.

Rational nutrition of students is based on three basic principles:

- 1) ensuring compliance with the energy value of the diet power supply of the body;
- 2) satisfaction of the physiological needs of the body in a certain amount of energy and the ratio in nutrients;
- 3) observance of the optimal nutrition regime, that is, a physiologically reasonable distribution of the amount of food consumed during the day [4].

Since 2020, Ukraine has launched the development and implementation of the reform of the food system in educational institutions. Reform of the system of nutrition of school children is an important step towards rational nutrition and well-being health. At present, this is a set of measures aimed at changing the system of nutrition – from the norms of consumption, technological processes, the approach to the purchase of products, food services and equipment of food products to behavioral aspects and public perception and understanding of healthy eating and useful food habits [1].

Prerequisites for school nutrition reform have become:

1. Low availability and level of consumption of the most useful groups of food products (vegetables, fruit, whole cereals, legumes, fish, dairy products).
2. Excessive number in norms and high levels of free sugar consumption, salt, fat, bread and offal.
3. Monotonous and tasteless food in school dining rooms.
4. An uncontrolled assortment of buffets.

According to the results of the online survey of parents and students with school meals, almost half of the parent respondents noted that children do not like school dining rooms, only 7.2% of children like them.

Complex evaluation of the organization of food at 500 schools revealed the following key problems from the manufacturer to obtain a student of the finished dish:

- 1) lack of conditions for dietary nutrition;
- 2) worn and outdated equipment;
- 3) insufficient understanding of the principles of full nutrition;
- 4) insufficient level of knowledge about tender purchases;
- 5) slow introduction of system analysis of hazardous factors and control in critical points.

The results of these studies have become the basis for determining the strategic vector of reform [3].

One of the co-authors of school food reform in Ukraine is the famous chef Yevgeny Klopotenko. He already published a “collection of recipes for food for children of school age in organized educational and health facilities” in 2019 and prepares a new recipe collection, in which there will be 500 different dishes. By this time, educational institutions were guided by the old collection of recipes in 1990 by publishing.

In the new collection of recipes, modern requirements for healthy eating are taken into account. Namely, in the dishes reduced the amount of salt and do not use products containing transfers. Seasonal vegetables have been added to the list of ingredients, which have not been used (for example, pumpkin), and spices from dried green and spicy herbs that are not allergens. Also, the collection of recipes added dishes containing vegetable protein. In addition, berry sauces that make dishes are not only more useful, but also more attractive.

Also, students of the Mykolayiv National Agrarian University joined the menu of balanced nutrition. They have developed a menu for educational institutions for four weeks, in which, depending on the age of schoolchildren and types of educational institutions, calculated caloric and nutritional value of dishes.

Thus, as of February 2022, more than 13 thousand schools of Ukraine are used by new menus, which is 96.6% of the total. At the final stage, the process of introducing a new school menu in 5 regions. In the rest of 19 regions 100% of schools have already been switched to a new menu. In addition, nearly 3,800 food units at schools are currently updated [5].

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**TECHNOLOGIE DES ANBAUS SCHWARZER JOHANNISBEEREN IN DER
WALDSTEPPE
(ТЕХНОЛОГІЯ ВИРОЩУВАННЯ СМОРОДИНИ ЧОРНОЇ У ЛІСОСТЕПУ)**

Гомера В.О. – здобувач вищої освіти групи АМП 1/1

Науковий керівник – Пономаренко Н.Г., кандидат педагогічних наук, старший викладач кафедри іноземних мов МНАУ

В статті розкриваються особливості вирощування смородини в Лісостеповій зоні.

Ключові слова: смородина, вирощування смородини, лісостепова зона.

Der Artikel enthüllt die Besonderheiten des Anbaus von Johannisbeeren in der Waldsteppenzone.

Schlüsselwörter: Johannisbeeren, Johannisbeeranbau, Waldsteppenzone.

Buschbeeren werden oft durch holzige und grüne Stecklinge vermehrt. Moderne Königinzellen von Buschbeeren sind für eine Betriebsdauer von 5-6 Jahren ausgelegt, was eine intensive Nutzung und eine rechtzeitige Rotation des Sortiments ermöglicht. Verwenden Sie beim Anpflanzen von Stecklingen Elite- oder Superelite-Pflanzenmaterial, das in mit biotechnologischen Komplexen ausgestatteten Baumschulen angebaut wird (hier besteht es die erforderlichen Phasen der Prüfung auf Viruserkrankungen und gegebenenfalls die Genesung, die durch entsprechende Zertifikate bestätigt werden müssen). Die Wahl des Ortes für die Königinzelle unter Berücksichtigung der räumlichen Isolierung, der optimalen Fruchtfolge, der Vorbereitung des Bodens vor dem Pflanzen werden durch Standardtechnologien bereitgestellt (Maidebura VI, Vasyuta VM usw., 1984; Buch MM, Nadtochiy IP, 1987; Typische technologische Karten, 2002). Die Pflanzen werden nach dem Schema von 1,5-2 x 0,3-0,5 m gepflanzt, mit einer ausreichenden Menge an Pflanzmaterial können sie in dichteren Schemata gepflanzt werden, beispielsweise 1 x 0,25 m, dies erschwert jedoch die Pflege der Uteruspflanzen zusätzlich. Die optimale Zeit für das Legen der Königinzelle ist Oktober-erste Dekade im November. Unmittelbar nach dem Pflanzen