

## FOOD DISTRESS MANAGEMENT

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**Anotation:** *this article shows the characteristics of the quality of the product in ensuring the safety of food, safety, poisoning due to poor-quality food intake.*

Base words: Oziq-food, microorganisms, bacteria, viruses, fungi, parasites.

The regulation of food hygiene is one of the most important rules. In addition, the TS 13027 standard (hygiene and sanitation standard-general rules in the areas of food production) is based. In addition to food production, the packaging, storage, transportation and unloading and unloading of the vehicle must also be carried out in conditions favorable for human health.

Food quality is a set of criteria that determine the consumer properties of a food product and ensure its safety for the life and health of people. Public administration in the field of quality and safety of food products sanitary and epidemiological tranquility and standardization of Agriculture of the Republic of Uzbekistan, veterinary and Livestock Development Committee under the Ministry of Agriculture of the Republic of Uzbekistan, Plant Quarantine and Protection Agency under the Ministry of Agriculture of the Republic of Uzbekistan, It is carried out by the agency for metrology and certification of Agriculture of the Republic of Uzbekistan and other bodies established in the legislation (hereinafter referred to in the text as state control bodies)

Public administration in the field of ensuring the quality and safety of food products includes:

normalization of the state;

state registration of food and equipment designed to touch food when it is prepared and used;

food certificate;

state control and inspection;

planning measures to ensure food quality and safety

PQ-2020 of July 27, 4790-paragraph 1 of the decree of the president of the Republic of Uzbekistan "on measures to further improve the supply of medicines and medical supplies to the population".

In the field of food security, the state maintains policies, develops and implements state programs and other programs, effectively coordinates the activities of state and economic management bodies and ensures cooperation with them;

determines food safety requirements, the maximum permissible amount of contaminants, including the residual amount of pesticides, biological and chemical factors, feed additives and veterinary preparations;

it studies the sanitary and epidemiological situation in the process of production, transportation, storage and sale of food products, determines and checks the criteria for classifying risks for checking food enterprises and regulating the import of products on their basis.

Eating disorders it is a mental disorder characterized by abnormal eating behaviors that negatively affect a person's physical or mental health [1]. Only one eating disorder can be detected at a time [1] among the types of eating disorders are eating and drinking disorders, the patient consumes large amounts of food in a short period of time; anorexia nervosa, where a person has a strong fear of gaining weight and restricts food to control this fear and goes from muck to exercises beyond the need for bulimia nervosa, in which people eat in large quantities (binging), then try to get rid of food (by vomiting); pika is a situation, the patient eats non-food; rumination syndrome, here the patient; preventive / restrictive food intake disorder (ARFID), in which people eat little or; and another group of marked eating or eating disorders. Peace disorders, depression, and substance abuse are common in people with eating disorders.

The assessment of the prevalence of eating disorders is very diverse, reflecting differences in gender, age and culture, as well as diagnostic and measurement methods. In the developed world, about 0.4% of young women and about 1.3% of bulimia were diagnosed with anorexia in a given year. Overeating disorders in a given year, i.e., cover about 1.6% of women and 0.8% of men [1]. According to one analysis, the proportion of women with anorexia at a certain period of their life can be up to 4% or up to 2% for bulimia and eating disorders [5]. Underdeveloped countries appear to have lower rates of eating disorders. Anorexia and bulimia are ten times more common in women than in men. The typical onset of eating disorders can range from childhood to early adolescence. The duration of other eating disorders is unclear.

The importance of microorganisms in food spoilage is enormous. Examples of such microorganisms are bacteria, fungi, viruses. it belongs to the group of many microorganisms bacteria. at currently, 1600 different types of bacteria known. in appearance, bacteria are divided into 3 groups.

1. spherical
2. rod-shaped or cylindrical
3. twisted.

Once bacteria enter the food, it causes decomposition in its composition. And the spoiled product is not stored for a long time. bacteria are very resistant to external environmental conditions, forming spores when unfavorable conditions are created. This Spore protects the bacterium from adverse conditions. Rod-shaped bacteria are divided into 2 types, depending on the spore formation.

\_\_\_ Bacteria  
\_\_\_ read more.

Bacteria are said to be microorganisms that do not form spores

Bacilli are rod-shaped bacteria that form spores called spores.

Products that bacteria lose quickly their naturalness. In favorable conditions, bacteria multiply. Bacterial reproduction is achieved by bifurcation. In this way, a barrier is formed from the middle of the cell, separating it into two new cells. The growth of bacteria depends on their type and growing conditions. Some bacteria multiply every 15-20 minutes, while others multiply in 5-10 minutes. In one day, the bacterium quickly splits and reaches a very large amount. For this reason, meat, fish and other foods quickly become spoiled under the influence of bacteria.

Viruses differ in shape and size. They can be round, ovoid elongated, polygonal and rod-shaped. The size of viruses ranges from 5 to 800 nm. Most viruses lose their activity in 60 minutes, while some viruses are also resistant to 90 min heating. Therefore, even food products infected with viruses are not stored for a long time. Spoiling the composition of the product and quickly leads to its death.

For example, among mushrooms, mold fungus enters tuberous plants that form spores. They do not contain chlorophyll. For this reason, organic matter is needed for their development. Mold develops only where there is air. Therefore, molds grow on the surface of the substrate. For example, fat, bread, tea, jam and other products grow on the surface and lead to a violation of the composition of food. Of course, such products are also not stored for a long time.

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