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FORMATION OF HEALTHY EATING SKILLS IN ELEMENTARY SCHOOL STUDENTS IN THE LESSONS 'I EXPLORE THE WORLD'

According to statistics, the situation with children's health is close to critical: the level of general morbidity is increasing, diseases of organs and systems are spreading more and more. The reasons for this are a sedentary lifestyle, the lack of a healthy lifestyle, the poor environmental situation, and an excessive workload at school. An equally important factor in children's health impairment is the lack of healthy, balanced nutrition.

From January 1, 2022, new norms and procedures for the organization of meals in educational institutions came into force. Not only the composition of the school menu and cooking recipes, but also the form of food organization, recommendations for the equipment of food blocks and work with suppliers, as well as approaches to the formation of a culture of healthy eating among schoolchildren, as a cross-cutting competence of the New Ukrainian School, started to undergo innovations [1:77].

Today, many scientists, doctors and famous personalities are considering this issue: O. Zelenska, E. Klopotenko, O. Shvets, V. Lyashko, O. Lisovyi, V. Gorzheev, A. Stashkiv, I. Kuzin, O. Stepaniak and others.

It's important to recollect the importance of Cicero's saying: We need to eat and drink so much that our strength is restored and not depressed. Nutrition plays a serious role in the issue of full-fledged development and growth of schoolchildren. It not only contributes to the general strengthening of children's bodies, but can also affect their work capacity and success. The rational nutrition of students is based on the observance of three main principles; ensuring that the energy value of the diet corresponds to the body's energy consumption; satisfaction of the body's physiological needs in the specified amount of energy and ratio in food substances; observance of an optimal diet, i.e., a physiologically justified distribution of the amount of food consumed during the day [2:75].

The purpose of the article is to help teachers and parents to develop healthy eating skills in elementary school students. It is necessary to establish an understanding of balanced nutrition and healthy eating habits in children. After all, our eating habits are formed from childhood. Instilling healthy eating skills in children of primary school age should be done not only by parents, but also by the school. It is important for the teacher to explain to students the benefits and harms of certain products, to form healthy eating habits. It is possible to implement these tasks through the discipline "I explore the world" (fundamentals of health).

A dominating feature of the structure of lessons on the basics of health should be flexibility, an organic combination of educational-cognitive and recreational-motor activities of students, dialogue and group cooperation of various types. It is necessary

to select non-standard and more modern methods and forms of education for students to learn the basics of healthy eating to be interesting [3:6].

It is important to use various interactive exercises as often as possible both during the study of new material and during its consolidation and repetition. It is possible to form healthy eating skills in elementary school students thanks to the use of games in the lessons of the basics of health. Didactic games make it possible to individualize the work in the lesson, to give tasks that are applicable to each student, developing their abilities as much as possible. Games can foster a sense of responsibility, collectivism [4:30].

Therefore, in modern conditions, the health of children is of great importance, since the future of society depends on the health of the younger generation. Many diseases of organs and their systems arise due to irrational nutrition. It is important to inculcate a culture of healthy eating from a very young age, both at home and at school. In the "I explore the world" lessons, the teacher needs to choose innovative, more modern ones alongside traditional methods and forms.

The modern lesson on the basics of health "I explore the world" is a democratic lesson. It is held not for schoolchildren, but together with them. This is, first of all, a lesson that creates real conditions for the intellectual, social, and moral development of an individual. It is important to organize a lesson based on cooperation and interaction. Only the coordinated work of parents and teachers can form healthy eating skills in schoolchildren.

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