

## FOOD HYGIENE AND ITS REQUIREMENTS

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**Annatation:** Hygiene is usually related to the causes of the disease and their elimination. In a sense, it falls into the realm of preventive medicine. When we talk about food hygiene, we mean all the work done to create a favorable environment for the consumer table at different stages of production to produce healthy food. It is in this article that a study has been conducted on the storage of each food and their proper storage.

**Keywords:** Food establishments, cleanliness, food regulations, production, food industry, measures.

The food industry is a branch of the national economy that produces food. The network includes meat and dairy products, butter, fish products, flour, pasta, canned fruits and vegetables, milk and butter, sugar, tea packaging, confectionery, bread, grapes and champagne, alcohol, vodka, tobacco, beer, thirst-quenching drinks, soap and other industrial enterprises. And of course they have to have good hygiene rules

The likelihood of getting sick when working with food is much lower than consuming them and developing food poisoning. However, when you carry food at home, you will feel safe that you are following the kitchen hygiene protocol. From wiping packages to washing fruits and vegetables, a number of steps need to be taken to protect the food supply. Just make sure not to overdo it with toxic cleaners. The goal is to remove contaminants without compromising the healthy benefits of food.

Food hygiene refers to the production, manufacture and payment of health care for a wide variety of food products. One of the most important issues in our country and in the world today is the creation of clean and hygienic conditions in the production of edible food products. Nutrition is the most important stage of human life. Nutritional management needs to work with food to provide treatment, physical and biological healing. The basis of food hygiene expertise is the development of production in a clean and hygienic environment of enterprises and consumer confidence in the production of food products. It continues treatment in terms of hygiene, cleanliness and health. In fact, this approach should be considered and implemented in conjunction with nutrition and environmental hygiene. The cleanliness of businesses is very high in terms of consumer health and product safety. Work to identify potential risk factors in hygiene practices in the food sector, give due attention, manage and eliminate risks. In this sense, it is also considered that employees have knowledge of treatment and hygiene. How is food hygiene checked? Food production requires, first and foremost, moral and therapeutic responsibility.

When hygiene and sanitation practices are not given enough attention, microorganisms become active and alter the structure, taste and aroma of food, reducing quality, but more importantly, posing a risk to human health.

Foods provided for human consumption should not pose a health risk. To achieve this, countries will adopt legal regulations and impose sanctions to protect human health and prevent food fraud.

The Regulation on Food Hygiene was issued in 2011 by the Ministry of Food, Agriculture and Livestock under the above law. This rule has been developed in accordance with Directive 852/2004 / EC on Food Hygiene, published in EU countries. This guideline sets out the principles of food hygiene from food manufacturers to manufacturers to the end consumer to protect consumers and ensure food safety.

General hygiene requirements for food establishments are described as follows:

- Food facilities should be clean, in good condition and well maintained, and necessary repairs should be made on a regular basis.

If you decide to combine your life with hygiene and food culture, you need to start with calories. A person's daily diet should be commensurate with his or her energy expenditure. The caloric content of the diet should be appropriate to the person's gender, occupation, age, physical activity.

A person who does sports uses more energy (and therefore calories) than the average homeowner. The energy value of women's diets is 15 percent lower than that of men, which is not due to activity, but is due to less intense metabolic processes. However, during pregnancy and lactation, the needs of the female body, along with the amount of calories, increase significantly.

The energy value of a ration is measured in kilocalories, which determines the amount of energy released during their combustion.

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