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MODERN PECULIARITIES OF EATING BEHAVIOR IN CHILDREN

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Relevance. The role of eating behavior (EB) in neurophysiological processes of central nervous structure ripening, the formation of intestinal microbiome, occurrence of orthodontic pathology have been explored, relationship with psychobehavioral disorders, autistic frustration have been proofed.

The problem of the formation of EB under conditions of chronic stress, during wartime and during epidemics deserves special attention.

The aim. To analyze of modern patterns of eating behavior in children.

Materials and methods: 138 children aged 6 months to 12 years have participated in the study. The average age of these children was 6.7 years.

The survey has been anonymous and included the processing of an original questionnaire for parents. The questionnaire included 70 questions.

Results. According to the survey data, it has been found that $87.7 \pm 2.8\%$ of infants were breastfed, while its duration up to 3 months was $15.2 \pm 3.1\%$, with subsequent transition to artificial feeding. Until 6 months of age, $19.6 \pm 3.4\%$ of children have continued to breastfeed, and $66.7 \pm 4.0\%$ have continued breastfeeding during up to 12 months or longer.

According to the research, the timing of the addition feeding has ranged from 4 to 6 months of age. Early administration of addition feeding was noted in $18.8 \pm 3.3\%$ of children, $28.3 \pm 3.8\%$ of children started to receive addition feeding from the age of 5 months, and almost half of the babies - from 6 months ($51.4 \pm 4.3\%$).

The studying of the features of EB in children aged 1–3 years has showed that almost the third of children ($30.4 \pm 3.9\%$) had whims and used entertainment during meals ($28.2 \pm 3.8\%$), some children ($21.7 \pm 3.5\%$) refused to eat at the right time, and in $15.2 \pm 3.1\%$ of cases, disgust for certain foods was observed.

According to the questionnaire data, the attitude to drinking was clarified: most of children drink liquids with pleasure ($60.9 \pm 4.2\%$) and can drink continuously during the day, and only $13.8 \pm 2.9\%$ often refuse to drink.

For a more detailed study of the nature and structure of the diet in the family, we have studied the spectrum of the most frequently consumed dishes, which is presented as follows: meat dishes have been in first place, they have been chosen by $81.2 \pm 3.3\%$ of respondents, there were cereal and vegetable in the second place ($60.1 \pm 4.2\%$, $63.0 \pm 4.1\%$, respectively). $58.0 \pm 4.2\%$ of the respondents have included fresh fruits in their daily diet, eggs prevail in the diet of almost half of the respondents — $51.4 \pm 4.3\%$. $37.0 \pm 4.1\%$ and $30.4 \pm 3.9\%$ of parents have chosen milk and fish dishes as the main ones in the diet. Among beverages, preference was given to purified and mineral water — $79.0 \pm 3.5\%$, tea — $50.7 \pm 4.3\%$. Milk of animal origin and fruit juices have prevailed among $39.9 \pm 4.2\%$ and $35.5 \pm 4.1\%$ of respondents, respectively.

Conclusions. Identifying age peculiarities and differences in modern forms of eating behavior in children of different ages and subsequent violations of it has significant practical value, as it allows to contribute to the formation of correct healthy eating habits.

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