



Halehuk K. L.

**QUANTITATIVE AND QUALITATIVE ASSESSMENT OF CHILDREN'S DIET IN
PRESCHOOL EDUCATIONAL INSTITUTIONS OF CHERNIVTSI CITY ACCORDING
TO CALCIUM CONTENT**

*Department of Pediatric Dentistry
Higher State Educational Establishment of Ukraine
«Bukovinian State Medical University»*

One of the most important problems of modern medicine is the deficiency of micro- and macronutrients in the human body. Particularly dangerous is the lack of calcium in children, which can lead to impaired bone and teeth formation, caries development, abnormal lenses of the eyes, impaired posture, scoliosis, rickets, nervous disorders and even convulsions. Calcium is necessary for bone formation and mineralization of hard dental tissues. That is why adequate calcium intake, especially in childhood, is imperative for the normal growth and development of children and also for the prevention of many diseases.

The aim is to carry out a hygienic assessment of the diet of preschool children in Chernivtsi according to the calcium content.

Organized nutrition was investigated among the children in 10 Preschool Educational Institutions (PEI) in Chernivtsi with calculating method by copying data from the menu. 15 days by different seasons were investigated.

An analysis of the daily rations of preschool children showed a diversified menu with normal meal frequency, intervals between meals, the order of meals and the distribution of the energy value of the food by meals.

Analysis of the results showed that the calcium content in all diets of PEI was 11.2-27.1 % lower than the recommended (800 mg/day) and averages 643.70 ± 13.45 mg/day. The content in the diets of cottage cheese and cheese was (32.3 % and 38 %, respectively) lower than the recommended one, and the quantity of milk and fermented milk products was (19.8 %) less than the recommended one. Analysis of the seasonal dynamics of calcium content showed that in the diets of all PEI, it is the highest in the summer (an average is 710.83 ± 13.44 mg/day). In the autumn, its gradual decrease (640.35 ± 17.30 mg/day) to the lowest values in winter (583.25 ± 16.52 mg/day). In the spring, the calcium content of the diet increases slightly (640.35 ± 19.13 mg/day) compared to the winter.

Thus, in the diets of all PEI there is a qualitative and quantitative lack of the main products that are sources of calcium. The highest calcium content in diet is observed in summer, the lowest one is in winter. In order to correct the general nutrition of preschool children of these PEI, were commend: to increase the intake of milk and fermented milk products (yoghurts, kefir, raisins, various types of cheese); to provide sufficient content of food that are sources of vitamin D in the diet for better absorption of calcium (marine fish of fatty varieties, eggs, liver, butter).

Ishkov N.O.

**MEDICAL AND PREVENTIVE SIGNIFICANCE OF 3-D CONE COMPUTER
TOMOGRAPHY IN DENTISTRY**

*Department of Therapeutic Dentistry
Higher State Educational Establishment of Ukraine
«Bukovinian State Medical University»*

When carrying out dental treatment to solve a wide range of problems, a CT scan of the oral cavity remains one of the safest and most informative research methods, which is associated with a number of advantages: the execution speed (8-10 minutes), minimum amount of radiation received by the body during the study, the scan lasts 8 seconds, the procedure does not require any preparation from the patient; it provides minimum error in the results; the possibility of repeated passage of the procedure; results can be saved to any storage devise. Thanks to the last, the doctor can reuse and print the patient's image.