



Summary data of Menu layout for this year:

The actual amount of consumed products shows, that in diet of children there is more consumption of wheat bread (45%), excess amount of cereals, legumes, pasta (37.8%) and confectionery products (13.3%). At the same time there is a significant shortage of fruit (75%) and complete absence of rye bread in all the food rations. Percentage of Simple carbohydrates in the diet at all Children Educational Establishments is 1.9 - 2.1 times higher than recommended (20%). Analysis of seasonal dynamics of the content of mono and disaccharides showed that Food Rations at all Children Educational Establishments is lowest in winter ($79,92 \pm 1,73$ mg / day)

and highest in summer ($88,32 \pm 1,77$ mg / day).

Conclusions:

1. The content of simple carbohydrates in food rations at all Children Educational Establishments in Chernivtsi exceeds by 20% than recommended.

2. The content of mono and disaccharides in the diet is observed highest in summer and lowest in winter.

3. In order to correct the Food Ration, the intake of fresh fruits and vegetables should be increased, rye bread & bread from coarse flour should be included in the diet and should limit the consumption of pasta and confectionery.

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THE DIFFICULTIES OF PSYCHOLOGICAL ADAPTATION IN FOREIGN STUDENTS OF BUCOVINIAN STATE MEDICAL UNIVERSITY

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Introduction. Being a new environment, away from home, simultaneously with the large workload and new duties are a major test for the psyche of a foreign student who comes to study in another country. Therefore depression await them more often, than locals. Depression is a «whole-body» illness, involving your body, mood, and thoughts. It affects the way you eat and sleep, the way you feel yourself, and the way you think about things. A depressive disorder is not the same as a passing blue mood. It is not a sign of personal weakness or a condition that can be willed or wished away. People with a depressive illness cannot merely «pull themselves together» and get better. Without treatment, symptoms can last for weeks, months, or years. Appropriate treatment, however, can help most people who suffer from depression.

Aim: The aim of this research is to compare the incidence of depression in foreign and local students of Bukovinian State Medical University of first academic year.

Material and methods. We've interviewed hundred foreign and hundred local first year students to find out the level of depression among them. We used Zang questionnaire and Buck inventory for the depression level evaluation. In the group of foreign students 61 were male while 49 were female, because most of the female students were feeling shy to avail themselves for examination, but ironically for the local students 73 were

female while 27 were male, thus the females were more ready to avail themselves for the examination.

Results. After interviewing the students we found out that the frequency of severe depression was very high among the foreign students - 8%, while in local this figure was 3% ($p < 0.05$), simply because the environment that the found themselves in is very new and hostile to them, also most of them were taking care of themselves for the very first time in life so this is really making the environment very new. 11% of foreign students appeared to be in mild depression, 24% were with light depression and only 49% were without depression at all. These results show that they were yet to adapt to things in the new environment that they found themselves in. Such signs are responsible for this depression among the foreign students: diet, homesick, new responsibilities. Also concerning the local students the frequency of those without depression was 81% ($p < 0.05$), also 6% ($p < 0.05$) were in mild depression and 10% ($p < 0.05$) were also in light depression, this shows that there were case of any severe depression unlike the foreign students.

Conclusion. The data showed that foreign students really do have higher incidence and more stage of depression than the local students, confirming a new environment like an additional risk factor for the worsening of psychological condition.

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STUDY OF THE ANTIOVARIAN ANTIBODIES LEVEL IN INFERTILE WOMEN

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Introduction. In the structure of infertile marriage the main place has still been kept by a tubal factor. The frequency of this infertility factor reaches 18-73%.

Target of the study. To determine the level of antiovarian antibodies in the blood of women with tubal

infertility.

Materials and methods. A clinical-laboratory examination has been made of 109 women which were divided into 2 groups: 1 group (main) – 58 women with infertility of tubal origin; 2 group (control) – 51 women.