

## The Problem of Food Security and its Causes

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**Abstract:** *the research is based and dedicated to solving problems on improving the quality of service in hotels in Bukhara. In addition, a comprehensive study and analysis of the types of services is aimed at ensuring the sustainable improvement of service quality in the hotel business based on innovative technologies and the formation of competition among Bukhara hotels. A set of organizational and economic relations related to the improvement of services has been selected based on technological innovations in the hotel industry.*

**Keywords:** *This article discusses in detail the problems of food insecurity, its causes, demand and needs for food, and ways to eliminate food insecurity.*

### **Introduction.**

The problem of food safety is a complex complex problem that requires a lot of efforts to be solved by biochemists, microbiologists, toxicologists, etc., as well as producers, sanitary-epidemiological services, public authorities, and finally consumers.

The relevance of the problem of food safety is increasing every year, because ensuring the safety of food raw materials and food products is one of the main factors in maintaining human health and gene pool.

Food safety refers to the risk of both acute adverse effects (food poisoning and foodborne infections) and long-term consequences (carcinogenic, mutagenic, and teratogenic effects) when consumed by humans. It should be understood that there is no danger to health.

In other words, food products that do not have a harmful, negative effect on the health of current and future generations can be considered safe.

A large amount of substances that are dangerous for his health can enter the human body with food. Therefore, the problems of increasing responsibility for the effectiveness and objectivity of food quality control, which guarantees its safety for the health of consumers, are urgent.

At the moment, there is no single definition of the concept of food security, and many researchers make their corrections and additions in interpretations such as “food independence”, “food problem”, “food supply”. Are entering. In this regard, the theory of food safety has not been fully explained and there are different approaches to explain its essence.

Food safety is a science-based discipline, process, or set of activities aimed at preventing substances in food that may harm human health. Food safety is about getting food that is safe for consumption.

"The concept of “food safety” was formed in the middle of the 20th century. At the same time, there are difficulties in explaining the content and essence of this concept, and many clarifications are being made. In particular, the concept of “food safety” includes sanitary-epidemiological, physiological, There are specific theoretical approaches of ecological, agrarian, political, economic and other fields,

explained by more than 200 concepts and more than 450 indicators. The level of globalization in food production and consumption impact is creating new theories and the concept of “food security” is changing, which means that countries are considered a multifaceted problem at all stages of development and its content needs to be constantly supplemented and modified.



30-80% of the total amount of foreign chemicals entering the human body from the environment passes through food. The spectrum of their possible pathogenic effects is wide: adverse effects on the digestive system and absorption of nutrients; decrease of immunity and sensitivity of the body; general toxic effect; gonadotoxic, embryotoxic, teratogenic and carcinogenic effects, acceleration of aging processes; reproductive dysfunction, etc.

Unprocessed food – raw food is a collection of various substances – proteins, fats, carbohydrates, minerals, vitamins and other compounds. The chemical composition of food products is related to genetic factors (plant variety, animal breed), but to a certain extent to the conditions of obtaining food raw materials and its processing (chemical composition of the soil, agrochemical and agrotechnical methods in plant cultivation methods, quality of feed, conditions of keeping farm animals, features of the technological process and product formula).

One of the effective means of maintaining human health in the face of increasing environmental problems is high-quality nutrition. At the same time, food raw materials and food products contain a very wide list of foreign substances (toxins of microorganisms, mycotoxins, heavy metals, antibiotics, hormonal drugs, plant growth regulators, pesticides, plant gites, radionuclides, etc.) – they increase the chemical load of food and can affect nutritional homeostasis.

The rapid development of various industrial, energy, transport and consumer sectors is accompanied by an increase in toxic compounds to the soil, water and air. Entering the environment, foreign substances can join biogeochemical cycles and gradually accumulate in plant and animal products, threatening human health.

Food supplements that have not been thoroughly tested, products obtained from new technology or individually produced food substances, including through chemical or microbiological synthesis, in violation of the established technology or made from non-standard raw materials, fertilizer plant products grown due to the unwise use of drugs, manufactured livestock and poultry products, improper use of feed additives and preservatives, toxicants transferred from equipment, containers, packaging to products, heat treatment . can have a harmful effect.

Food safety is evaluated according to hygiene rules, which include biological objects, potentially hazardous chemical compounds, radionuclides, and harmful plant compounds. Their presence in food products should not exceed the permissible content level in a certain mass (volume) of the studied product. These safety indicators are defined for 11 product groups:

- meat and meat products; poultry meat, eggs and their processing products;
- milk and milk products;

- fish, non-fish fishing products and manufactured products, from them;
- grain (seed), flour and bakery products,
- sugar and confectionery products;
- fruit and vegetable products;
- oil raw materials and fatty products;
- drinks;
- other products;
- biologically active substances;
- baby food.



The main goal of any society is to improve the quality of life of people. An important component of the quality of life is the state (quality) of human health. Other components are environment, quality of products, works and services.

One of the most important issues in solving the problem of product quality is the problem of ecological survival. In this context, the quality of food raw materials and food products becomes relevant, which is mainly related to their ecological purity.

### Summary:

A third of the food produced worldwide is wasted. But today, people and businesses are aware of this problem and measures are being taken to reduce waste.

Food products must always be safe for consumption. Different food safety systems involve identifying food hazards and deciding what to do to eliminate or adequately control them. To ensure food safety and comply with applicable regulations, all food businesses must implement and maintain an appropriate food safety management system that identifies potential food hazards and requires procedures to control the risk of harm.

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