

Characteristics Of Catering Services In Large Production Companies

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Annotation: This article highlights the essence of organization of production, the creation of conditions that ensure the proper conduct of the technological process. Also studied that in each enterprise there are specifics of checking the availability of production units that make up its production infrastructure. In this regard, the relevance of this topic is that today the catering industry is growing. This requires more serious focus and responsibility in working with catering in large production companies.

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Large-scale enterprises have a number of advantages, usually they use material, technical, financial and labor resources efficiently, using modern scientific and technical advances. They have the opportunity to improve production, labor, and management (reduction of management apparatus, elimination multi-stage management). One of the important tasks of the large-scale enterprises is to accelerate the development of technology and improve product quality.

In economically developed countries' industries large-scale enterprises cover an entire industry or entire subsectors. They are formed on the basis of technological advance, sequence and diversity, as well as single raw material base.

Now we can observe the emergence of new approaches in catering. The catering industry requires a complex and ever-expanding range of services to meet consumer demand.

In Russia, the catering industry (general food market) in the food industry started to develop 10 years ago. Today there are many cafes, restaurants, companies arranging lunch breaks, easier food services. The global market for the catering industry has begun to develop actively.

In the early twentieth century, during the construction of large skyscrapers in the United States, many ideas were put forward to feed many workers and to organize the eating time qualitatively.

The advantages of general nutrition include its mobility. Nowadays, catering services have some shortcomings. Notably, some of them require special attention.

Basic requirements of nutrition hygiene:

1. The equality of energy value of the daily ration and the amount of energy use during the day (the amount of spending energy depends on a person's age, sex, lifestyle and occupation).

2. Correspondence of the proportions of food consumed and the characteristics of the organism. The ratio of the main components of the diet (protein, fats and carbohydrates) should be on average **1:1:4**, it should be **1:1:5** in more physical activities, it should be **1:0, 8:3** in those who are engaged in mental activity.

3. Consumption of food that is not harmful to health (without chemicals, etc.).

Distribution of meals throughout the day - the optimal option is to eat 4 times a day at intervals of 4-5 hours. Breakfast should make up 25% of the daily ration, lunch - 35%, the second lunch - 15% and dinner - 25%.

4. Following the food safety rules in terms of sanitary-epidemiological norms.

The significance of the topic is that the catering industry is growing and developing. This requires more serious focus and responsibility to work with nutrition in large production enterprises. First of all, it is necessary to regulate nutrition in every large production enterprise.

To do this:

- Special attention should be paid to the quality of cooked food;
- It is necessary to increase the range of dishes;
- More convenience and excellent service for workers should be created;
- Special attention should be paid to sanitary and hygienic requirements;
- It is necessary to extend the eating time for workers.

Today, developed a variety of services such as lunch delivery to the office, corporate parties, and various events and large-capacity dining areas are organized by renting old houses, cottages or other buildings.

The essence of the organization of production is to create conditions that ensure the proper conduct of the technological process. Each enterprise has production units that form its production infrastructure in accordance with the production process. The production infrastructure of the enterprise means the (appropriate) location of its production units (participants, departments, workshops), as well as relations in terms of production.

After Uzbekistan gained independence, the process of privatization in the catering sector has accelerated in the process of economic reforms. Enterprises changed their forms of ownership and were transferred to joint-stock companies, limited liability companies, private enterprises, firms and other forms of ownership. Many private restaurants, cafes, canteens, national food stalls in open markets started to operate in the city and district centers and large villages.

There are 17.5 thousand catering enterprises in Uzbekistan with 877.3 thousand seats. Of these, 0.6 thousand are state-owned and 16.9 thousand are non-state enterprises. Each catering seat can cover 35 people and each enterprise has a service capacity for 1428 people.

The Resolution of the Cabinet of Ministers of the Republic of Uzbekistan (dated February 13, 2003) "On additional measures for the development of retail, catering and consumer services in 2003-2006" and other resolutions played an important role in the development of public catering.

A large number of public catering enterprises are owned by "Uzbekbirlashuv", "Uzbekturism", the Ministry of Healthcare of the Republic of Uzbekistan, providing services to hospitals, sanatoriums and rest homes, schools, preschool institutions and others.

The main direction in development of general nutrition is to increase the number of places to eat, to organize high-quality ready-made products and frozen foods and habit of rational nutrition.

Rational nutrition: for us rational nutrition commonly means that the main nutrients (proteins, fats, carbohydrates) are in the right ratio (1: 1: 4) in the composition of the food consumed. A rational diet is a proper nutrition that is full of nutritional value in terms of quantity and quality, based on a single principle, allowing people to maintain a high work capacity and good health, taking into account their age, work and other activities.

For a rational diet, first of all, the amount of proteins, fats, carbohydrates, minerals, vitamins, salt, and water in the diet should be normal taking into account the age, height, weight, occupation, physiological and health condition (pregnancy, breastfeeding period) and climatic conditions. The energy value and nutritional value of the daily diet is an important quantitative indicator. The mode of eating, that is, the rhythm of the order, involves the correct distribution of food consumed in a day in accordance with the purpose of the day, setting a meal time for a certain hour and eating in a strict order.

Fats taken (consumed) with food are used to partially build up fat reserves in the body. Satisfaction of the need for fats depends on the type and quality of the oil. Animal and vegetable oils can replace each other. The amount of fat in the diet is determined by people's age, labor activity and climatic conditions. The proposed

diet for the population of Uzbekistan provides 30% of calories from fats. The normal amount of fats in the daily diet is 35 g fat per 1000 kcal.

The quality of the fats in the diet is of particular importance. It is useful to add various animal, poultry and fish oils as well as vegetable oils to food. The daily diet should contain about 70-85 g of animal fat (of which, 40 grams naturally, the rest in various foods, natural products). The diet also includes some fatty substances - cholesterol and lecithin.

In the process of eating, the body carries essential nutrients (protein, fat, carbohydrates, vitamins, mineral salts) for vital functions. These, in turn, satisfy the body's energy needs during consumption. The caloric content of that product is the amount of energy released when a food is digested in the body. The need for different nutrients and energy varies depending on a person's age, gender, and lifestyle. Specialists in the field of nutrition hygiene divide all adults into 4 groups in order to properly formulate a diet, taking into account the nature of work activities.

The first group includes people who do not use physical force or work with less physical force: workers with mental labor, employees who are nervous at work; control panel staff: dispatchers, all types of servicemen.

The second group includes employees of mechanized enterprises and employees who work without physical stress: nurses, janitors, salesmen, communicators, tailors, workers engaged in automated processes and others.

The third group includes employees whose working conditions are partly mechanized and those who work in the service sector with considerable physical effort, machine attendant, weavers, shoemakers, drivers of subway trains, buses, trams, and trolleybuses, catering workers (except for administrative staff) and others.

The fourth group includes workers who work moderately and heavily in semi-mechanized or non-mechanized enterprises: workers at mines, miners, truck drivers, metallurgists, blacksmiths, agricultural workers and mechanics, workers engaged in logging, and others.

In summary, we would conclude that in order to properly formulate a diet, definitely, it is necessary to know the chemical composition of food.

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