

**CONTENT AND TEACHING REQUIREMENTS OF THE SECTION "FOOD PREPARATION TECHNOLOGY" IN 7TH GRADE TECHNOLOGY LESSONS*****Bahronova Shakhlo Islom kizi****Teacher of the Department of "Technological Education"  
of the Bukhara State Pedagogical Institute****Choriyeva Shahzoda Jobir kizi****Student of the Bukhara State Pedagogical Institute,  
majoring in "Technological Education"*

**Abstract:** This article discusses the content and requirements for teaching the section "Food Preparation Technology" in 7th grade technology lessons. Currently, pedagogical technology is not considered as a research in the field of technical means of teaching or computer use, but rather as a means of analyzing factors that increase educational efficiency, developing and using methods and materials, as well as evaluating the methods used, identifying the principles of the educational process and developing the most optimal ways. The management of general secondary education is planned from the bottom up, coordinated with the work process in all areas of education, determining the content of the work of all educational institutions and methods of applying them in the educational process.

**Keywords:** modern informational and communication systems, food, kitchen, technology, independent learning, software learning tools, independent thinking, creative thinking, innovative learning, individual activity, creativity, mobile application, pedagogical learning tools, test programs, technology science, technology teaching technology, technological processes.

The role of the technology teacher in fulfilling the social mission of secondary educational institutions to prepare students for effective work in various sectors of the national economy and to consciously choose professions is incomparable and very important. To fulfill this task of state importance, the technology teacher must improve her knowledge, skills and qualifications, professional competencies, and acquire excellent knowledge and skills in the achievements of pedagogy, psychology, methodological sciences, modern techniques and advanced technologies, and relations between production and the market economy at the level of the requirements of the dynamically developing pedagogical process.

Currently, pedagogical technology is not considered as a technical means of teaching or research in the field of computer use, but rather as a means of identifying the principles of the educational process and developing the most optimal ways through the analysis of factors that increase educational efficiency, the development and use of methods and materials, as well as the evaluation of the methods used. The management of general secondary education is planned in advance from the bottom up, coordinated with the work process in all areas of education, and the content of the work of all educational institutions is determined. Various innovative methods are widely used in the management process. The correct introduction of innovative technologies in the educational process leads to the teacher acting as the main organizer or consultant in this process. This leads to greater independence from students, the formation of

creative and volitional qualities, and the conducted activities require independent thinking, allowing young people to express their attitude to important life achievements and problems.

- In the 7th grade technology lessons, the “Food Preparation Technology” section aims to develop cooking skills necessary in everyday life, to observe hygiene rules, and to teach students the basics of healthy eating.

- The content of the “Food Preparation Technology” section:

- Kitchen hygiene and safety rules:

- Proper use of kitchen appliances.

- Proper use of kitchen appliances is very important not only for ensuring safety, but also for the efficient and quick completion of the cooking process. Below are some tips on the proper use of kitchen appliances:

- Knives. Correct grip: When holding a knife, place your hand on the grip of the knife. Do not hold the head of the knife, that is, the tip, as this makes it difficult for you to control the knife.

- Cutting area: Use a cutting board when using a knife, this will prevent the blade from sharpening too quickly and protect your work area from damage.

- Cleaning: Wash the knife immediately after use and store it in a dry and safe place. Avoid leaving the knife in water for a long time, as this can cause it to rust.

- Pots and Pans. Heating level: Use non-stick materials on the bottom of the pot or pan. If the bottom of the pot is scratched or damaged, this can cause the food to stick and burn.

- Using oil: Add only the right amount of oil when cooking and avoid overheating it. Always set the temperature according to the food being cooked.

- Electrical appliances like, mixers, blenders and grinders.

- Safety: Use electrical appliances only according to their instructions. Avoid putting your hands close to the appliance when using them.

- Cleaning: The appliance should be cleaned immediately after usage, especially to remove any food residue from the mixing or grinding parts.

- Power and capacity: Electrical appliances should only be used in accordance with the power capacity and specific operating recommendations.

- Oven and Grill

- Heat control: When using an oven or grill, it is important to control the temperature correctly. Excessive heat or underheating can adversely affect the cooking results.

- Safety precautions: Check the temperature before opening the oven. If using a grill or oven with wood or gas, make sure the ventilation system is working properly to ensure safety.

- Pans and Grills

- Cooking method: When cooking in pans, use low heat and stir frequently, as this will help to prevent the pot from burning.

- Protection: Use protective gloves when handling pans to protect against hot dishes. Using a hood or oven mitts reduces the risk of fire in the kitchen.

- Kitchen Speed Tools (slicers, cutters, scissors)

- Speed Adjustment: If speed tools are used, they must be monitored and changes must be made carefully. Beware of the risks of cuts and scratches.

- Proper Storage: Store these tools in safe places, carry the packaging with you and place them in safe places.

- Storage and Transportation

- Safer Storage: It is very important to store kitchen tools in a safe place. Inappropriate or excessively poor storage methods can easily lead to damage.
- Using kitchen tools correctly and safely not only makes food preparation easier, but also helps to create a healthy and safe environment.
- Personal hygiene and food safety are very important in the processes of food preparation, storage and consumption. This is not only necessary to protect your health, but also to protect your food from poisoning and bacterial spoilage. Below are some important facts about personal hygiene and food safety:
- Personal hygiene, especially in the kitchen, plays an important role in preventing the spread of infections.

**THE PROCEDURE FOR PLACING TABLEWARE ON THE TABLE**

	<p>Lemon is always served with fish dishes. It helps break down food in the stomach and makes it easier to digest.</p>
	<p>Yoghurt, cream, and sour cream are served with doughy dishes.</p>
	<p>Thick dishes made from chicken are served with tomato sauce.</p>
	<p>Fruits can turn brown or dry out if cut in advance. For this reason, they can be placed whole on the table, and after eating, they can be cut into plates and served.</p>

	<p>Semi-finished meat products are covered with a special cellophane wrapper. Since partly-finished meat products have a pungent odor, it is best to keep them closed.</p>
	<p>Creamy desserts made with cream or butter should not be served in advance, as they may melt quickly when exposed to heat.</p>
	<p>It is not recommended to mix cucumbers and tomatoes in a salad, because sliced cucumbers release a special enzyme that breaks down the vitamin C contained in tomatoes.</p>

**Reference:**

1. Каххоров С. К., Жураев Х. О., Хамдамова Н. М. Использование учебных материалов по источникам альтернативной энергии в интеграции на уроках физике //Иновации в науке. – 2019. – №. 5 (93). – С. 17-24.
2. Khamdamova N. USING OF ALTERNATIVE ENERGY SOURCES IN THE DEVELOPMENT OF STUDENTS'CREATIVITY.
3. Muqimovna K. N. DEVELOPMENT OF TECHNICAL CREATIVITY OF STUDENTS WITH THE USE OF INFORMATION TECHNOLOGIES //European Journal of Interdisciplinary Research and Development. – 2022. – Т. 7. – С. 44-49.
4. Жўраев А. Р., Сайфуллаева Д. А., Бахронова Ш. ЗАМОНАВИЙ ТАЪЛИМ ТЕХНОЛОГИЛАР АСОСИДА ТАШКИЛ ҚИЛИНАДИГАН ШАХСГА ЙЎНАЛТИРИЛГАН ТАЪЛИМ ЖАРАЁНИ //Science and Education. – 2020. – Т. 1. – №. 8. – С. 169-176.
5. Yuldoshev, S., Savriev, S., Murtazoyev, A., & Khojiev, S. (2022). NUMERICAL SIMULATION OF THREE-DIMENSIONAL TURBULENT JETS OF REACTING GASES. Eurasian Journal of Mathematical Theory and Computer Sciences, 2(6), 73-82.
6. Shomirzaev M.X. Maktab texnologiya ta'limida milliy hunarmandchilikning spektral-variativ komponentlarini fanlararo takomillashtirish. Pedagogika fanlari bo'yicha doktorlik (DSc) diss. - Toshkent, 2021. – 219 b.
7. Mamatov D.N. Elektron axborot-ta'lim muhitida kasbiy ta'lim jarayonlarini pedagogik loyihalashtirish. PhD dok.dis. –Toshkent, 2017. – 150 b.

8. Qodirov B.E. Elektron axborot ta'lim muhitida o'quvchilarning hunarmandchilikka oid tayanch kompetensiyalarini rivojlantirish metodikasi. Dis p.f.f.d. (PhD) – Termiz.: 2021. – 143 b.
9. Islamovna B. S., Ubaidilloevna D. N., Norjona P. MODERN COMPETENCES OF ORGANIZING TECHNOLOGY COURSES //SAMARALI TA'LIM VA BARQAROR INNOVATSIYALAR. – 2023. – T. 1. – №. 3. – C. 146-151.
10. Baxronova S., Davlatova N. TEXNOLOGIYA FANIDAN MASHG 'ULOTLARNI TASHKIL QILISHNING ZAMONAVIY KOMPETENSIYALARI //Бюллетень педагогов нового Узбекистана. – 2023. – Т. 1. – №. 7. – С. 64-68.
11. Baxronova S., Davlatova N. BO'LAJAK TEXNOLOGIYA FANI O'QITUVCHILARINI TIKUVCHILIKKA OID KREATIV RIVOJLANTIRISHNING PEDAGOGIK SHART-SHAROITLARI //Центральноазиатский журнал образования и инноваций. – 2023. – Т. 2. – №. 7. – С. 144-148.
12. Kazakov F. et al. Methods to improve hackles in the production of quality yarn //Journal of Physics: Conference Series. – IOP Publishing, 2021. – Т. 2094. – №. 4. – С. 042091
13. Ruzieva D. CLASSIFICATION OF SOFTWARE EDUCATIONAL TOOLS FOR USE IN THE EDUCATIONAL SYSTEM //International Conference On Higher Education Teaching. – 2023. – Т. 1. – №. 10. – С. 41-45.
14. Rayimova D. D. et al. TEXNOLOGIYA TA'LIMI PRAKTIKUMI FANINI O 'QITISHDA INNOVATSION TA'LIM TEXNOLOGIYALARINI QO 'LLASH IMKONIYATLARI //Educational Research in Universal Sciences. – 2023. – Т. 2. – №. 5. – С. 616-619.
15. Ruzieva D. M. FEATURES AND ADVANTAGES OF THE STRUCTURE OF BAKED THREADS USED IN THE PREPARATION OF SEWING PRODUCTS //GOLDEN BRAIN. – 2023. – Т. 1. – №. 17. – С. 401-408.
16. Texnologiya ta'limi praktikumi fanini o 'qitishda innovatsion ta'lim texnologiyalarini qo 'llash imkoniyatlari D.D. Rayimova, S.I.Bahronova, D.M. Ruziyeva, N.U. Davlatova Educational Research in Universal Sciences 2 (5), 616-619
17. Characteristics of technical creativity in technological education. Innovative technologica methodical research journal. 2021 E.T.Rustamov, D.D Rayimova, M.J Jabborova, ..B-37-41
18. B. Sh. I., Dilmurodovna, R. D., Tohirovich, R. E., & Norjona, P. (2023). TEXNOLOGIYA FANINI O 'QITISHDA INTERFAOL USULLARNI QO'LLASH METODIKASI. Ta'lim fidoyilari, 4(1), 191-197.
19. Dilmurodovna R. D. XALQ HUNARMANDCHILIGI NAMUNALARINI TAKOMILLASHTIRISH VA RIVOJLANTIRISH (ZARDO'ZLIK SAN'ATI MISOLIDA) //IJODKOR O'QITUVCHI. – 2023. – Т. 3. – №. 27. – С. 9-12.
20. Dilmurodovna R. D. XALQ HUNARMANDCHILIGI NAMUNALARINI TAKOMILLASHTIRISH VA RIVOJLANTIRISH (ZARDO'ZLIK SAN'ATI MISOLIDA) //IJODKOR O'QITUVCHI. – 2023. – Т. 3. – №. 27. – С. 9-12
21. Davlatova N. TEXNOLOGIYA FANINING "SERVIS XIZMATI" YO'NALISHIDAN TALABALAR MUSTAQIL TA'LIMINI TASHKIL ETISHNING O'ZIGA XOS XUSUSIYATLARI //Science and innovation in the education system. – 2023. – Т. 2. – №. 8. – С. 82-86.



22. Ubaydillayevna D. N. et al. THE ROLE AND IMPORTANCE OF USING DIGITAL TECHNOLOGIES IN THE DEVELOPMENT OF CREATIVITY OF FUTURE TECHNOLOGY TEACHERS //PEDAGOGS. – 2024. – T. 53. – №. 1. – C. 8-12.
23. Ruzieva D. M. FEATURES AND ADVANTAGES OF THE STRUCTURE OF BAKED THREADS USED IN THE PREPARATION OF SEWING PRODUCTS //GOLDEN BRAIN. – 2023. – T. 1. – №. 17. – C. 401-408.
24. Razzoqovich J. A. et al. TEXNOLOGIYA FANINING “SERVIS XIZMATI” YO ‘NALISHIDAN TALABALAR MUSTAQIL TA’LIMINI TASHKIL ETISHNING O ‘ZIGA XOS XUSUSIYATLARI //Наука и технологии. – 2023. – T. 1. – №. 3.
25. Kh.S. Akhmadov, N.M. Nazarova, A.R. Juraev, I.Y. Avezov “Technical and economic analysis, calculation and justification of hydrogen production through solar thermochemical reactor in Republic of Uzbekistan E3S Web of Conferences 524, 01016 (2024) APEC-VII-2024. (Scopus Conference).
26. A.R. Jo‘rayev, Sh.X. Xazratova “Milliy hunarmandchilik maktablarida yoshlarni hunarmandchilik tadbirkorligiga yo‘naltirish “Ta’lim va innovatsion tadqiqotlar”. Xalqaro ilmiy-metodik jurnal. 2021 y. № 7. Buxoro sh. 249-255 b.
27. Qizi, B. S. I., Dilmurodovna, R. D., Tohirovich, R. E., & Norjona, P. (2023). TEXNOLOGIYA FANINI O‘QITISHDA INTERFAOL USULLARNI QO‘LLASH METODIKASI. Ta’lim fidoyilari, 4(1), 191-197.
28. Qizi B. S. I. et al. TEXNOLOGIYA FANINI O‘QITISHDA INTERFAOL USULLARNI QO ‘LLASH METODIKASI //Ta’lim fidoyilari. – 2023. – T. 4. – №. 1. – C. 191-197.