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Z. A. Talkanbayeva[1], A. M. Kalkabayev[2], B. S. Begaliev[3], H. Ozden[4], S. A. Kalkabayeva[5]

[1]Kh. A. Yassawi International Kazakh-Turkish university, Turkestan, Kazakhstan,
[2]University«Miras», Shymkent, Kazakhstan,
[3]Eskisehir Osmangazi University, Faculty of Medicine Department of Anatomy Eskisehir, Turkey,
[4]South-Kazakhstan State University named after M. Auezov, Shymkent, Kazakhstan.
E-mail: talkanbaeva_56@mail.ru, zeus-83@mail.ru, bakit_BBS@mail.ru,
hilmiozden@gmail.com, kalkabayeva@list.ru

NOURISHING VALUE OF NATIONAL FOOD "MAISOK"

Abstract. A study of the article reveals that the national food "maisok" has protein, oil, carbohydrates, caloric content, all main vitamins such as: A, B, C, E, PP, unchangeable aminoacids and unsaturated oil acids. In particular, the nourishing results of vitamins E and A such as protein, oil and carbohydrates are greatly seen in this food. With regard to the quality of food Maisok, it was found that Maisok is rich in first rate amino acids such as leucine and lysine. At the same time, richness of glutamine in Maisok among changeable vitamins can also guarantee the quality of this food. Human health can also benefit from the large amount of olein in Maisok which is a starting point to meet the needs of oils in the body of a person.

Unsaturated oil acids are seen in essential substances, this means that they are not digested in the body but can be accepted only through food. Therefore. its biological value is high. It helps to improve person's health, increase immune system which enables to overcome any disease prevents from an early aging and strengthens person's ability to work. Establishing biological and physiological functions of organism, Kazakh national food maisok takes a leading role in contributing valuable nourishing things into organism and consequently makes body healthier.

Relying on the results of the research practically maisok has a good potential to increase nourishment of the food menu. According to the study in social places, in health resorts and in families where people have food prepared data in the table is used. There is a solid ground to consider that this traditional Kazakh food will take a leading role in our cuisine in future as well.

Key words: protein, oils, carbohydrates, vitamins, caloric content, value, kilocalorie, unsaturated oil acids, colorimetry, statistics.

Introduction. Maisok is a national dish, which is made of millet. Millet belongs to the grain family of annual herbaceous plants. In the world, there are about 500 species, one species - common or cultivated is grown in Kazakhstan. In the Kazakh fields they have been grown since the 6th century. In the 19th century, millet was sown in 75-80% of the arable land. Millet is one of the earliest crops. The first center of formation and origin of millet is the mountainous areas of East Asia [1]. Millet is a very important cereal crop. Refined millet is characterized by being easily cooked and nutritious. Glydine, gluten, globulin and albumin dominate in the millet protein complex. Starch consists of amylase and amylopectin. There are a lot of essential amino acids - lysine, methionine and tryptophan. The activity of its enzymes (maltose, amylase, lipase, etc.) is very high, there is s K, Na, Mg, P, as well as a sufficient number of microelements C, B, I in the ashes [2].

Millet grains consist of starch (81%), protein (12%), butter (3.5%), sugar (0.15%), protein content is much higher than in rice and buckwheat. The importance of millet as feed is very high, it is used as feeding poultry farming.

Millet is very nutritious and high calorie food. It is particularly important for children and ill people feeding. Millet is the source of carbohydrates and vegetable proteins [3, 4].

"Food gives strength to a man," is said in the Kazakh proverb. This means that regular meals can have a beneficial effect on the growth, development and health of the body: it helps maintain increased work capacity, intensified life, and inhibits the aging process. For this reason, organisms in addition to