

TECHNOLOGY OF NATURAL JUICE PRODUCTION AND ITS HUMAN HEALTH INFLUENCE

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Everyone chooses what and how to eat. It is not a secret that our world has many diets, food systems, varieties of cuisines. In general, nutrition is divided into healthy and unhealthy, but for everybody it is interpreted differently. However, since nature is conceived of as a fruit-eating man, it means we will talk about healthy diet and technologies of healthy drinks production. Healthy food is characterized by the consumption of food and drinks that have not any processing like cooking, frying or baking.

Juices from fruits and vegetables are a great way to increase the nutritional value of any kind of food. Their consumption contributes to better health and recovery. By consuming juices, we provide ourselves with the fastest and most effective assimilation of food with a minimum load on the digestion system. Juices obtained from ripe fresh products provide cells and tissues with all the necessary elements and enzymes that are easily digestible for the body [1].

The most effective way to replenish the missing elements are juices of different ingredient combinations. The benefits of fruit juices are to cleanse the body and provide all the necessary carbohydrates and sugars. Vegetable juices also have advantages, because it is not in vain that they are called reducing agents and doctors. They contain mineral salts, vitamins, enzymes, amino acids, which serve as a building material for the body cells and tissues. Among the negative effects, hypervitaminosis is possible if an overdose of one type of juice occurs, resulting in a rash, an increase in blood sugar and diabetes. Therefore, it is important to observe the dosage, the diversity of natural juice components [2].

Important points are preparation and storage of juices. The technological cycle of production consists of raw material getting, crushing, pressing, buffer storage, pasteurization packaging and labelling. The process of making juice occurs using a line equipped with the necessary equipment. An obligatory step is the verification of microbiological, organoleptic, physical and chemical indicators, which are carried out immediately after receipt and after production. It is important to know not only the technological process, but also the composition of the product, the beneficial properties and other substances interaction with microflora.

We can make juice mixing fruits, vegetables, herbs, berries, nuts and seeds. Understanding that natural food does not contain flavorings, emulsifiers, stabilizers, preservatives, the purpose of which is to destroy all traces of the product life cycle, a noticeable difference in the duration of action.

References

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DEFORESTATION IS ONE OF THE GLOBAL PROBLEMS OF MANKIND

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In our days, all global problems can be divided into two categories: social-economic problems and environmental problems. Both categories are equally dangerous for humanity, therefore they