

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.

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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

require urgent solutions. Unfortunately, global problems cannot be solved during one day. Their elimination requires long and diligent work of the whole world community. We know about many global problems such as environmental pollution, overpopulation, climate change, terrorism, nuclear weapons and others. But what do we know about deforestation?

Deforestation is the process of transforming land occupied by forests into land without tree cover, such as wastelands, pastures, fields and others. There are several reasons why deforestation happens. The main reason is the cutting and burning of forests for farmland. Another reason is natural causes such as hurricanes, forest illnesses and climate change. Forest fires and acid rain are caused by human activities and they are harmful to the environment [2]. Also, one of the reasons of deforestation is the shortage of reforestation. So we can conclude that the main cause of deforestation is the anthropogenic factor.

What are the consequences of destruction of forests? This process destroys the habitat of living beings and ecosystems. As a result, there is the extinction of many types of animals and plants. Trees collect rainfall and produce water vapor, also they reduce water pollution. For this reason, forest clearing affects negatively the water cycle in nature. Roots of trees fix the ground. There is a process of weathering after which the growth of plants becomes worse. Deforestation contributes to global warming, many scientists believe that forest clearing is one of the main causes of increased greenhouse effect.

Forests cover about 30 per cent of the planet's landmass. However, every year more than 6 million hectares of forest are converted into agricultural land or cleared for other aims. Deforestation reached the largest extent in the twentieth century. By the beginning of the twenty-first century, 75 per cent of the reduction in forest area had happened, because the world's population was growing rapidly. The forest resources of Asia and South America are particularly vulnerable and are exposed to threats. At the current rate of deforestation, tropical forests will be destroyed less than a century [1].

The disappearance of the forests is happening right here and now. In the summer of 2019, 40 thousand fires occurred in the Amazon forests, and the area of forest fires exceeded 3.3 million hectares in the forests of Siberia. What should we do? The opposite of deforestation is reforestation. But we should understand that planting new trees will not solve all the problems. We must remove the causes of deforestation by the following methods:

- a) fire prevention propaganda
- b) clearing forests of debris
- c) placement of fire strips
- d) use ground vehicles and aircraft for fire fighting

Take care of forests, because they are the lungs of our planet.

References

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PROBLEMS AND PROSPECTS OF DEVELOPMENT IN AIC

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The agro-industrial complex of Ukraine is a holistic national economic system of interrelated industries that provide production of agricultural raw materials and food, their harvesting, storage,