**“TASDIQLAYMAN”**
O‘zbekiston Nutritsiologlari
Assotsiatsiyasi” raisi professor
**G.I.Shayxova**
_____ 2025 yil

**“KELISHILGAN”**
Zangiota tumani hokimi
**D.E.Rustamov**
“___” _____ 2025 yil

O‘zbekiston Respublikasi Oliy Majlisi huzuridagi NNTlarni va fuqarolik jamiyatining boshqa institutlarini qo‘llab-quvvatlash jamoat fondi granti doirasida **“O‘zbekiston Nutritsiologlari Assotsiatsiyasi”** tomonidan **“Sog‘lom ovqatlanish – salomatlik garovi”** nomli loyihasining Toshkent viloyati Zangiota tumani aholisi o‘rtasida sog‘lom ovqatlanish madaniyatini, sanitariya-gigiena qoidalariga rioya etilishini mahallalar, ta’lim-tarbiya muassasalarida targ‘ibot

**REJASI**

| № | Targ‘ibot mavzusi | Targ‘ibot o‘tkaziladigan muassasa nomi | Targ‘ibot o‘tkaziladigan vaqt | Targ‘ibot o‘tkaziladigan muassasadan ma’sul (maktab direktori) | Targ‘ibot o‘tkazadigan konsultant |
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| 1. | “To‘g‘ri ovqatlanish bolalar salomatligining asosidir”, | 1-sonli umumiy o‘rta ta’lim maktabi | 2025 yil 23-yanvar | Axmedov Botir Raxmatullayevich (99.800-41-19) | Ortiqov Bobomurod Baymamatovich (94.688-80-40) |
| 2. | | 2-sonli umumiy o‘rta ta’lim maktabi | 2025 yil 27-yanvar | Jalolova Hilola Nosirovna (97.007-07-59) | Bo‘riboyev Eldor Ma’murjonovich (97.709-33-01) |
| 3. | | 5-sonli umumiy o‘rta ta’lim maktabi | 2025 yil 29-yanvar | Tashbayeva Shoxida Nosirovna (97.775-43-53) | Shayxova Guli Islamovna (97.432-33-11) |
| 4. | | 6-sonli umumiy o‘rta ta’lim maktabi | 2025 yil 31-yanvar | Sharopova Feruza Husanovna (99.815-65-81) | Abdullayeva Dilafruz Gayratovna (97.776-55-72) |
| 5. | | 8-sonli umumiy o‘rta ta’lim maktabi | 2025 yil 3-fevral | Jalilov Anvar Qo’chqorovich (94.618-06-86) | Xayitov Javoxir Baxodirovich (91.163-63-12) |
| 6. | | 9-sonli umumiy o‘rta ta’lim maktabi | 2025 yil 5-fevral | Atabayeva Dilfuza Atabayevna (97.444-11-21) | Ermatov Nizom Jumaqulovich (90.917-18-70) |
| 7. | | 11-sonli umumiy o‘rta ta’lim maktabi | 2025 yil 7-fevral | Aytmuhammedova Sharofat Boltaboyevna (94.617-60-11) | Abdullayeva Dilafruz Gayratovna (97.776-55-72) |
| 8. | | 12-sonli umumiy o‘rta ta’lim maktabi | 2025 yil 10-fevral | Bekenova Malika Abduqodirovna (33.079-90-99) | Bo‘riboyev Eldor Ma’murjonovich (97.709-33-01) |

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| 9. | “Matkab o‘quvchilarining ovqatlanishi”,<br><br>“O‘quvchilarning salomatligiga ziyon yetkazadigan oziq-ovqat mahsulotlari”,<br><br>“Xavfsiz ovqatlanishning besh eng muhim tamoyili” | 14-ixtisoslashtirilgan davlat umumta’lim maktabi | 2025 yil 13-fevral | Xasanova Nargiza Tylaganovna (90.109-29-49) | Ortiqov Bobomurod Baymamatovich (94.688-80-40) |
| 10. | | 15-ixtisoslashtirilgan davlat umumta’lim maktabi | 2025 yil 17-fevral | Yo’ldosheva Nodira G‘ayratovna (97.756-14-74) | Xayitov Javoxir Baxodirovich (91.163-63-12) |
| 11. | | 16-sonli umumiy o‘rta ta’lim maktabi | 2025 yil 20-fevral | Xamidov Akrom Musurmon o‘g‘li (94.614-10-92) | Ermatov Nizom Jumaqulovich (90.917-18-70) |
| 12. | | 18-sonli umumiy o‘rta ta’lim maktabi | 2025 yil 24-fevral | Rahmonov Said Samad o’g’li (93.518-89-99) | Shayxova Guli Islamovna (97.432-33-11) |
| 13. | | 19-sonli umumiy o‘rta ta’lim maktabi | 2025 yil 26-fevral | Tulevova Muborak Esimbekovna (93.546-26-19) | Bo‘riboyev Eldor Ma’murjonovich (97.709-33-01) |
| 14. | | 21-sonli umumiy o‘rta ta’lim maktabi | 2025 yil 28-fevral | Boysariyev Zainiddin Boymurodovich (97.550-19-00) | Xayitov Javoxir Baxodirovich (91.163-63-12) |
| 15. | | 27-sonli umumiy o‘rta ta’lim maktabi | 2025 yil 3-mart | Umrzakova Nodira G’ofurjonovna (97.737-19-67) | Ermatov Nizom Jumaqulovich (90.917-18-70) |
| 16. | | 30-sonli umumiy o‘rta ta’lim maktabi | 2025 yil 5-mart | Muborov Alisher Azamatovich (95.322-99-22) | Abdullayeva Dilafruz Gayratovna (97.776-55-72) |
| 17. | | 34-sonli umumiy o‘rta ta’lim maktabi | 2025 yil 10-mart | Abdullayeva Shoira Ermatovna (93.571-18-81) | Ortiqov Bobomurod Baymamatovich (94.688-80-40) |
| 18. | | 38-ixtisoslashtirilgan davlat umumta’lim maktabi | 2025 yil 12-mart | Bakirova Xadicha Axmadjonovna (99.819-75-23) | Xayitov Javoxir Baxodirovich (91.163-63-12) |
| 19. | | 40-sonli umumiy o‘rta ta’lim maktabi | 2025 yil 14-mart | Nosirova Mastura Majidovna (97.402-11-13) | Bo‘riboyev Eldor Ma’murjonovich (97.709-33-01) |
| 20. | | 44-sonli umumiy o‘rta ta’lim maktabi | 2025 yil 18-mart | Yunusov Ulug‘bek Erkinovich (97.410-05-80) | Ortiqov Bobomurod Baymamatovich (94.688-80-40) |
| 21. | “Sog‘lom ovqatlanish tamoyillari”, | “Katta chinor” MFY | 2025 yil 2-aprelt | Zokirova Dilfuza Akmalovna (97.404-21-18) | Ortiqov Bobomurod Baymamatovich (94.688-80-40) |
| 22. | | “Olmazor” MFY | 2025 yil 4-aprel | Maslanova Zoxida O‘rinboevna (99.371-72-16) | Ermatov Nizom Jumaqulovich (90.917-18-70) |
| 23. | | “Fayz” MFY | 2025 yil 14-aprel | Qodirov Abdumurod Abdurashidovich (90.995-02-04) | Xayitov Javoxir Baxodirovich (91.163-63-12) |
| 24. | | “Keng kichik” MFY | 2025 yil 17-aprel | Akbarov Xalxodja Usmanovich (94.620-01-05) | Abdullayeva Dilafruz Gayratovna (97.776-55-72) |

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| 25. | “Ortiqcha vazn va semizlikning oldini olish”,<br><br>“Yog‘, tuz va qand miqdori yuqori bo‘lgan oziq-ovqat mahsulotlari”,<br><br>“Xavfsiz ovqatlanishning besh eng muhim tamoyili” | “Asil” MFY | 2025 yil 21-aprel | Turg‘unov Maxmud Teshaboevich (99.033-70-27) | Bo‘riboyev Eldor Ma’murjonovich (97.709-33-01) |
| 26. | | “O‘rtaovul” MFY | 2025 yil 23-aprel | Soipov G‘opir Aripovich (97.264-14-44) | Xayitov Javoxir Baxodirovich (91.163-63-12) |
| 27. | | “Chorbog‘” MFY | 2025 yil 26-aprel | Xudayberganova Naima Sagdullaevna (97.772-31-38) | Shayxova Guli Islamovna (97.432-33-11) |
| 28. | | “Eshonguzar” MFY | 2025 yil 29-aprel | Bekmirzaeva Gulchexra Zokirovna (93.540-82-82) | Ermatov Nizom Jumaqulovich (90.917-18-70) |
| 29. | | “Nurafshon” | 2025 yil 2-may | MFY Shaburxanov Kabul Muratovich (99.857-72-50) | Xayitov Javoxir Baxodirovich (91.163-63-12) |
| 30. | | “Axilobod” MFY | 2025 yil 6-may | Muxsimov Shuxrat Maxmudovich (99.823-30-51) | Ortiqov Bobomurod Baymamatovich (94.688-80-40) |
| 31. | | “Qirguzar” MFY | 2025 yil 12-may | Ibragimov Islom (99.482-73-35) | Ermatov Nizom Jumaqulovich (90.917-18-70) |
| 32. | | “Tarnov” MFY | 2025 yil 15-may | Abidov Avazxon Bilolovich (98.126-87-27) | Xayitov Javoxir Baxodirovich (91.163-63-12) |
| 33. | | “Ilg‘or” MFY | 2025 yil 19-may | Anvarova Ra’no Sharipovna (90.013-53-48) | Bo‘riboyev Eldor Ma’murjonovich (97.709-33-01) |
| 34. | | “Bodomzor” MFY | 2025 yil 22-may | Xamidullaev Shukrilla Ubaydullaevich (91.137-03-07) | Abdullayeva Dilafruz Gayratovna (97.776-55-72) |
| 35. | | “Qaxramon” MFY | 2025 yil 26-may | Ashrapov Dilmurod Turg‘unovich (99.895-67-10) | Ortiqov Bobomurod Baymamatovich (94.688-80-40) |
| 36. | | “Turkiston” MFY | 2025 yil 29-may | Allaberganov Baxtiyor Umarovich (95.052-30-90) | Xayitov Javoxir Baxodirovich (91.163-63-12) |
| 37. | | “Istiqlol” MFY | 2025 yil 2-iyun | Muxamedov Faxriddin Magdievich (99.486-13-53) | Ermatov Nizom Jumaqulovich (90.917-18-70) |
| 38. | | “Ulug‘bek”MFY | 2025 yil 5-iyun | Raxmatullaev Xayrulla Nigmatovich (93.005-67-62) | Bo‘riboyev Eldor Ma’murjonovich (97.709-33-01) |
| 39. | | “Madaniyat” MFY | 2025 yil 10-iyun | Maxkamov Baxodir Ortikbaevich (94.610-21-72) | Shayxova Guli Islamovna (97.432-33-11) |
| 40. | | “Chinor” MFY | 2025 yil 13-iyun | Toshkenboev Sulton Xayotovich (97.716-05-80) | Abdullayeva Dilafruz Gayratovna (97.776-55-72) |

**“O‘zbekiston Nutritsiologlari Assotsiatsiyasi” direktori** **I.O.Otajonov**