

O'ZBEK MILLIY OSHXONASINING O'ZIGA XOS XUSUSIYATLARINI O'QITISH METODIKASI

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Annotatsiya

Bu maqolada o'zbek milliy pazandachiligi mavzusini FSMU metodi orqali o'qitish metodikasi yoritib berilgan.

Kalit so'zlar: O'zbek milliy pazandachiligi, go'sht, un, guruch, mosh, no'xat, loviya, sabzavot, ko'katlar. O'zbek pazandachiligining o'ziga xosligi – tansiq taomlarning lazzatli bo'lishi ikki omilga tegishli.

Birinchi omil - masalliqning yangi, sifatli, navlari yuqori bo'lishi:

ikkinchi omil - taomning tashqi ko'rinishi, xushbo'y hidi, ajoyib mazasi kabi sifatlarni ro'yobga chiqarish

O'zbek taomlarini tayyorlashda xalq ko'p iste'mol qiladigan go'sht, un, guruch, mosh, no'xat, loviya, sabzavot va ko'katlardan foydalaniladi.

O'zbek milliy pazandachiligida go'shtli taomlar tayyorlash alohida o'rin tutadi. Qo'y, mol, ot, parranda go'shtlaridan turli xil lazzatli taomlar tayyorlanadi. Shuningdek, O'zbekiston aholisi sut va sut mahsulotlarini keng miqyosda iste'mol qiladi. O'zbekiston sabzavot va mevalarga boy o'lka hisoblanadi. Bu turfa mevalar va sabzavotlar o'zbek dasturxonida munosib o'rin egallagan.

Ichimliklardan, asosan, qora va ko'k choylar iste'mol qilinadi.

Choyga o'zbek dasturxonida qand, parvarda, pashmak, novvot, asal, holva kabi qandolat mevalari tortiladi.

Taom tayyorlashda milliy pazandachiligimizda o'ziga xos ziravorlar, dorivorlardan, ko'katlardan foydalaniladi. Bundan tashqari, taom sifati va tashqi ko'rinishiga ham katta ahamiyat beriladi.

Bizning serquyosh o'lkamiz insonga bebaho xazina ato etgan. Bu o'simliklar dunyosidir. Tabiatdagi va o'simliklar tarkibidagi yuzlab biologik faol moddalar inson a'zolariga, mijozga ko'ra turlicha ta'sir o'tkazadi. Inson organizmidagi kasalliklarga shifo bo'ladigan o'simliklarning foydali tomonlari bilan birga, ma'lum darajada zararli tomonlari ham bor.

Umumiy o'rta ta'lim maktablarida yuqoridagi mavzuni yoritishda "Aqliy hujum" metodi orqali yoritilsa yanada samaradorligi oshadi. Bu usul ijodiy hamkorlik, birga fikrlash hamjihatlik darsi, har kim o'z fikrini ayta oladigan va aytishi zarur bo'lgan erkinlik darsidir.

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