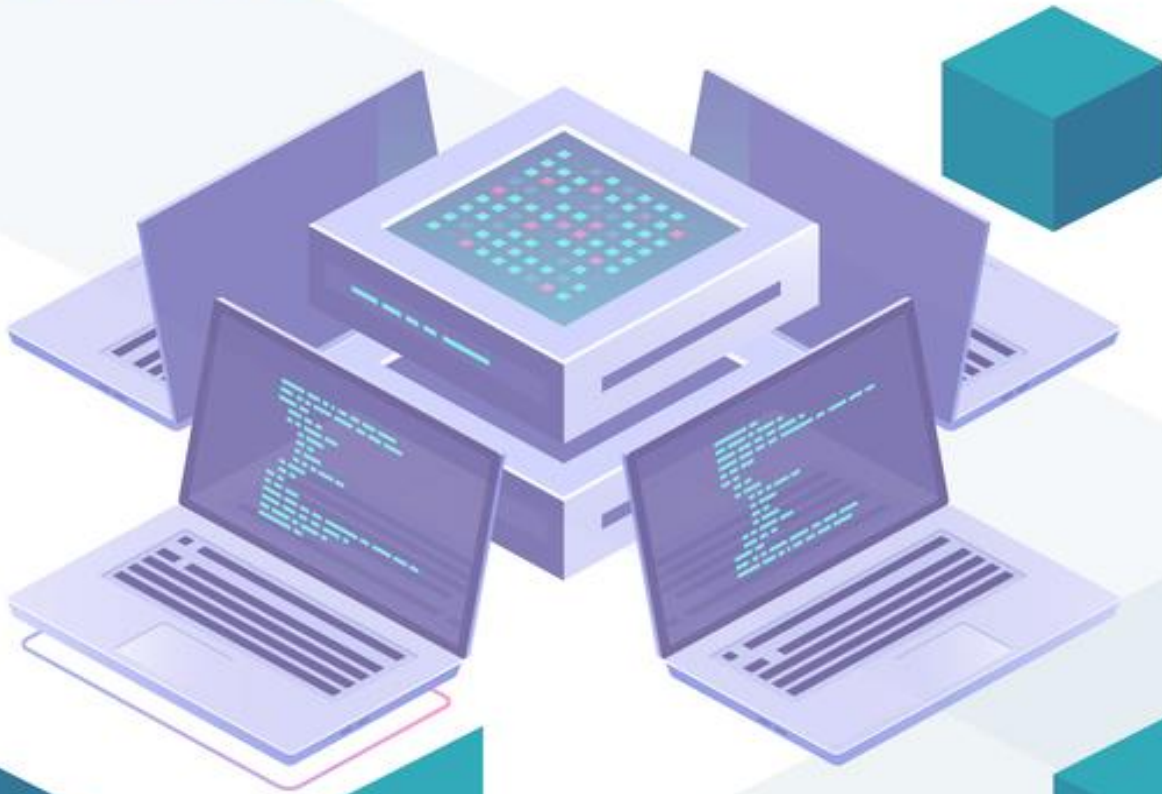


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**ANALYSIS OF ASPECTS AND NORMS OF EATING HABITS OF FOREIGN  
COUNTRIES ON DEVELOPMENT OF GASTRONOMY TOURISM  
IN UZBEKISTAN**

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**Abstract:** in this article, research was carried out to improve the study and service of the main features of the national cuisine and diet of the overseas countries, based on the experiences of foreign countries with developed gastronomic tourism in Uzbekistan, and the necessary proposals and recommendations were made in this regard.

**Keywords:** gastronomy tourism, food, food preparation, national cuisine, national cuisine, breakfast, lunch, dinner.

During the development of human society, a culture of nutrition and national traditions which are unique in this culture were formed in peoples of different states. Certain types of food have arisen in cases where a person is dependent on climatic changes because of living conditions and religious beliefs.

Currently, from the growing development of gastronomic tourism in the world, countries are realizing the need to develop this type of tourism in solving the socio-economic problems of their population. In our conclusions, it should be noted that in all countries of the world there are opportunities for the development of gastronomic tourism. Because there are national cuisine, which has stuttered throughout the progress of the nations, tribes, living in every state.

In Uzbekistan, the way of preparing and feeding dishes to both residents and tourists is developing with rapidly. There is an increasing number of suppliers who

understand the financial benefits of cooking and food supply. In the past 5 years, the number of living and catering enterprises in Uzbekistan has reached 41,949 as of July 1, 2023, the growth rate is 6.3%.

Number of enterprises living and registered for food supply businesses in Uzbekistan (1-Table).

(1-Table)

*Number of enterprises living and registered for food supply businesses in Uzbekistan<sup>1</sup>*

| <b>№</b> | <b>Years</b>           | <b>Number of current enterprises</b> |
|----------|------------------------|--------------------------------------|
| 1        | 2019                   | 24 919                               |
| 2        | 2020                   | 29 745                               |
| 3        | 2021                   | 34 950                               |
| 4        | 2022                   | 37 690                               |
| 5        | 2023                   | 41 949                               |
|          | <b>Growth dynamics</b> | <b>6,3%</b>                          |

The presence of traditions with a long history in our country and the variety of national dishes leads to the widespread popularity of Uzbek cooking in foreign countries.

In the organization and development of gastronomic tourism in Uzbekistan, the organizational management system of our state was formed, formal and informal organizations were formed (the Association of chefs of Uzbekistan, the Association of gastronomic tourism of Uzbekistan, the International Center for culinary arts of Uzbekistan).

The main tasks ahead should consist in identifying the resources required in gastronomic tourism and organizing gastronomic tourism centers, destinations, identifying and justifying the promising specifications of national gastronomic tourism.

<sup>11</sup> <https://aniq.uz/yangiliklar/yashash-va-ovqatlanish-sohasida-qancha-korxonalar-ruyxatdan-utgan>

As mentioned, it is known that the management systems of the organization and development of gastronomic tourism in our country have been formed.

Early gastrotourism are also under process, the program "Sharq dasturkhoni" – Tashkent, Jizzakh, Aydarkul, Samarkand, Shahrisabz, Karshi, Bukhara; the activity of this tour is currently expanding.

What are the national dishes and drinks in the program of the gastronomic tour for breakfast, lunch and dinner, what are their features, Why are these very dishes or drinks offered at breakfast, lunch or dinner?.

Those who ask all these questions are called gastrotourists. The conclusion arises that in the organization and development of international gastronomic tourism in Uzbekistan, we need to study the experiences of these tourism-developed countries and be able to answer the questions posed by gastrotourists.

In order to develop international gastrotourism in our country, based on the experiences of foreign countries where gastronomic tourism has developed, we will first need to study the main features of the national cuisine of many foreign countries and the features of the nutrition of peoples in those countries. [5,6,7,8,9]

The study of this situation brings much more clarity to foreign gastrotourists in offering our national dishes, in their choice of our national dishes.

We bring the main features in the diet of national cuisine and peoples of foreign countries below, where gastronomic tourism has developed (2.- Table).

To prepare dishes for tourists from foreign countries, it is necessary to initially know the nutrition of residents living in foreign countries and their welcome national dishes, the preparation of these dishes.

2-Table

| T\P | Studying the main features of national kitchen ad eating habits of foreign countries   |
|-----|--|
| 1.  | <p><b>Key features in Franco-national cuisine</b></p> <ul style="list-style-type: none"> <li>* Wide range of products used;</li> <li>* Variety of temperature processing methods for products;</li> <li>* Use only new products;</li> <li>* The breadth of consumption of spices and biscuits, and vegetables;</li> <li>* A wide variety of dishes, including;</li> <li>* Nutrition;</li> <li>* Cereals, Limited to products(from cheese).</li> </ul> <p><b>The main features of the Franco - diet</b> are that the French Welcome Seafood (large sea buckthorn berries such as lobster, lobster, sea raspberries), fish and meat dishes, vegetables and fruits.</p> <p>In manyholes, farangs finish at lunch with a boccal Aquino, fish, seafood dishes, meat flavors and cheese. After cheese or coffee, they drink vodka, strong liqueur or cognac made from fruits.</p>  |
| 2.  | <p><b>Key features in German - national cuisine</b> *prevalence of Buterbrods;</p> <ul style="list-style-type: none"> <li>* Wide consumption of meat products;</li> <li>*Extensive use of sausages, sausages and sardines for snacks, soups, and second courses;</li> <li>*Preparation of various dishes from different products (vegetables, pork, poultry, wild birds, veal, beef and fish) ;</li> <li>*Give in soups(300g) ;</li> <li>* Vegetables, especially in cases of neglect;</li> <li>* Boiled thecatvalovyadoshningkengiste'moli;</li> <li>* Favorites-beers</li> </ul> <p><b>Germany-the main features in the diet of Germans</b> use a variety of products in the preparation of their food. Their first dish is a puree soup made from beef or pork tail. They like buterbrods, more salty dishes made from dairy products. Garnishes made from sauerkraut and many vegetables are especially eaten with appetite. His favorite drink is beer. It is important to avoid recommending spicy dishes to tourists from Germany and Austria.</p>  |
| 3.  | <p><b>The main features in Italian - national cuisine</b> are *dough (pasta, spaghetti, gnosis, lapsha, pissa, rivoli, etc.. fast food) wide consumption of all foods made from products;</p> <ul style="list-style-type: none"> <li>*The fact that cheese, greens, and vegetables(most - tomatoes and garlic onions) in rations are in large quantities;</li> <li>*High consumption of vegetables without stewing;</li> <li>*An abundance of spicy spices and olive oil in dishes;</li> <li>*The use of mainly olive oil in the preparation of various dishes.</li> </ul> <p><b>The main features of Italo - dining Italian cuisine</b> are a slight difference from the dishes of the cuisines of the Western European countries, in that traditional Italian dishes are dishes made from pasta-pasta with the addition of various sauces and spices.</p> <p>Italians are very fond of vegetable salads seasoned with olive oil, dishes made from seafood.It is customary to put fruits, ice cream, biscuit cakes, cakes, black coffee and wine on their tables.</p> <p>Italian tourists should not at all recommsnd fatty, pork dishes, dishes made from minced meat and black bread.</p> |

| T\P | Studying the main features of national kitchen ad eating habits of foreign countries  |
|-----|---|
| 4.  | <p><b>Main features in Spanish</b> - national cuisine *"mixing non-mixers" - fish, seafood, sausages, green peas, carrots, potatoes, peppers, greens and tomatoes in one plate;<br/>                     *From fish (sardines, mackerel, tuna, cod), seafood (shrimp, malyuskas, etc..) the prevalence of prepared dishes;<br/>                     *Limited consumption of meat products (cattle, sheep, goats, pigs, poultry), smoked of many dishes;<br/>                     *Consumption of milk and dairy products, especially cheeses, in their natural state and their addition to many dishes;<br/>                     *Extensive consumption of olive oil and garlic onions;<br/> <b>Spain-the main features in its Diet</b> The Spaniards eat as simple as possible-tomatoes, garlic, sweet peppers, greens and onions. In them, it is customary to give garlic onion soup to the first. Their second meal, of course, must contain veal, young mutton, beef and one of the pork. Soup from the meat of domestic chickens is a favorite Spanish dish.<br/>                     A large assortment of vegetables and fruits (tomatoes, sweet peppers, eggplants, all types of cabbage, kebabs, potatoes, beans, chestnuts, melons)</p> |

In our country, gradually European national cuisine, French national Cuisine, Catering cuisines named after Italy and other countries are being organized. All international tourists coming from overseas countries may also have a bit of a gift from eating our national dishes. In such cases, it is clear that tourists will certainly ask for dishes that will be prepared in their state. Therefore, the study of the dishes of the countries in which they live and the food they eat with these dishes when recommending dishes to international gstrotrists is also an examination of international experiences in the organization and development of gastronomic tourism.

When we analyze the information presented, it is known that international tourists welcome food that is traditional in their people. Another important consideration when recommending our dishes to international gastroturists is knowing which religion they adhere to. Because, in many religions, the consumption of meat of some animals is prohibited. Cattle meat cannot be eaten in India. This animal is divine to them. In Islam, the use of pork is generally prohibited. In many countries of the Islamic religion, sausage products are not put on the table at all. In some states, it is forbidden to prepare dishes from rabbit meat, etc. It is not at all possible to put alcohol on the tables of tourists of the Islamic religion. Therefore, it will be correct to give international

gastrotourists a cookbook with the varieties of our national dishes and colorful pictures and main features of these dishes. This will lead to the development of gastronomic tourism in our country and further increase in the contribution of this industry to the economy of our country.

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