

ЭТНОГРАФИЯ

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ПИТАНИЕ СЕЛЬСКОГО НАСЕЛЕНИЯ НАГОРНОГО ДАГЕСТАНА КАК ВАЖНЕЙШИЙ МЕХАНИЗМ ЭТНОЭКОЛОГИЧЕСКОЙ АДАПТАЦИИ

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Аннотация: В статье рассматривается питание сельского населения Нагорного Дагестана как важнейший механизм этноэкологической адаптации, которое выполняло функцию обеспечения и регулирования процесса обмена энергией между человеческим организмом и окружающей средой. Мы также остановимся на отражении зависимости питания горцев Дагестана от продуктов, получаемых в хозяйстве и определяемых основными занятиями населения – земледелием, скотоводством, собирательством. Охарактеризована традиционная еда, национальная кухня, присущие народам обычая застолья, явившиеся результатом слияния биологии, истории, культуры. В статье достаточно место занимают изделия из теста, где огромна роль печеных изделий с самой разной начинкой, указаны способы выпечки мучных изделий в зависимости от хлебопечарного устройства. Оценивая рацион повседневного питания в целом, следует отметить, что он не обеспечивал полноценного поступления в организм всех необходимых витаминов и минералов.

В статье проанализировано влияние экосистемы на пищевой ресурс и уровень интенсивности обмена веществ у горцев Дагестана. Здесь же отмечены особенности питания народов Нагорного Дагестана, которые анализируются с позиций традиционного использования региональных ресурсов и поддержания баланса с окружающей средой.

Ключевые слова: пища, питание, экосистема, этноэкологическая адаптация, горцы, Дагестан, Нагорный Дагестан, национальная кухня.

NUTRITION OF RURAL POPULATION OF MOUNTAINOUS DAGESTAN AS THE MOST IMPORTANT MECHANISM OF ETHNO-ECOLOGICAL ADAPTATION

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Abstract: The article deals with the nutrition of the rural population of Mountainous Dagestan as the most important mechanism of ethno-ecological adaptation, which fulfilled the function of providing and regulating the energy exchange between the human body and the environment. The author of the article considers the dependence of nutrition of Dagestan mountaineers on the products determined by the main economic activities of the population – farming, cattle breeding, gathering, and characterizes traditional food, national cuisine, and national feast traditions resulting from the fusion of biology, history, and culture. In the article, much attention is paid to dough goods, as the role of baked products with a variety of fillings is enormous, and methods of baking pastries depending on the bakery device. Estimating the dietary structure in general, the author notes that it did not provide full intake of all necessary vitamins and minerals and caused the use of various methods of preserving food products.

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