

of natural attractions, etc. Nonetheless, in 2018, the first inclusive ecological trail “Belokorets” in Belarus was opened in Volozhin district of Minsk region, which includes a fairly wide pavement of crushed granite chips, information stands with Braille, audio guides, thereby allowing people with special needs to walk freely in the Nalibokskaya Pushcha.

In conclusion, it should be mentioned that inclusive members of society constitute a significant part of the population, and there is a demand for accessible tourism in the Republic of Belarus. There are obstacles to the formation of a barrier-free environment in the country, but measures are being taken to remove them. Volunteers, student associations, the inclusive community, the government organize seminars, forums and conferences on inclusive tourism, as well as implement a number of programs aimed at creating an accessible infrastructure of the country. These measures will allow people with disabilities to feel like full members of society and enjoy the consumption of tourist services without any barriers.

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## **SICILIAN BREAKFAST AS AN ALTERNATIVE TO BELARUSSIAN ONE**

Breakfast is the first meal of the day, usually in the period from dawn to noon. Numerous studies show that breakfast is important in maintaining a normal weight and has a positive effect on health. People who had breakfast every day were three times less likely to be obese, compared with those who skipped the morning meal. They were twice as likely to have problems with an increase in blood sugar and cholesterol, which, in turn, increases the risk of diabetes and diseases of the cardiovascular system. Studies show that eating in the morning helps to stabilize blood sugar levels and regulates appetite. By eating in the morning, you can avoid overeating during the day [1].

In the Republic of Belarus in 2020 diseases of the circulatory system were in the first place among the causes of death. Dietary recommendations for the prevention of cardiovascular diseases, published by the World Health Organization, are largely related to the “Mediterranean diet”, which is considered one of the most balanced in the world. The aim of the research was to study the features of the traditional Sicilian breakfast as a means of organizing a rational diet.

Traditional breakfast in Italy starts at 7:00–7:30 and ends around 10:00. A classic Sicilian breakfast includes the following elements: cornet, or brioche, or croissant and a cup of cappuccino or espresso. Brioche

is a type of pastry that tastes like a bun. The peculiarity of Sicily is to serve brioche with granite — fruit and pistachio sorbet.

There are Italian types of brioche: *'vuota'* is brioche without filling, *'con cioccolato'* — with chocolate inside and chocolate chips outside, *'con marmelata'* — with apricot or peach jam, *'con frutti di bosco'* — with berry jam and *'con miele'* — with honey. For those who lead a healthy lifestyle, an *'integrale'* brioche is provided, which is made of the highest quality whole flour, which is often stuffed with honey. A healthier type is *'carbone vegetale'*, the preparation of which requires activated carbon ground to a flour state in proportion of 1 g per 1 kg of flour.

The calorie content of brioche is 304 kcal, the protein content is 5.2 g, fat — 7.5 g, carbohydrates — 57.2 g per 100 grams of product. The chemical composition of the bun includes choline, vitamins A, B<sub>1</sub>, B<sub>2</sub>, B<sub>5</sub>, B<sub>6</sub>, B<sub>9</sub>, B<sub>12</sub>, E and PP, as well as potassium, calcium, magnesium, zinc, selenium, copper and manganese, iron, phosphorus and sodium. The caloric content of 240 ml-cup of cappuccino is 74 kcal, the protein content is 4.08 g, fat — 3.98 g, carbohydrates — 5.81 g per 100 grams of product. The content of sodium is 50 mg, potassium — 233 mg [4].

Thus, the nutritional value of a Sicilian breakfast is 378 kcal represented mainly by carbohydrates, proteins, fats, vitamins and minerals. The Italian breakfast is not only delicious but it also provides a person with a lot of energy. Due to the caffeine content in the drink, it can be a good alternative to the traditional breakfast of residents of the Republic of Belarus, especially during the warm season, weekends and holidays.

### Reference

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## FEATURES OF THE DEVELOPMENT OF AGROECOTOURISM, EVENT AND HEALTH TOURISM IN THE REPUBLIC OF BELARUS

Belarus has an exceptionally rich natural, historical and cultural potential, favorable for international tourism. The climate here is relatively mild. In cities and rural areas there are 1834 monuments of archeology, 1597 — architecture, 1131 — history, 122 — art, about