

Abstract

The theme of this bachelor thesis is the education for healthy lifestyle in school conditions, because the health education of the educated individual is a basic prerequisite for a successful and full-fledged life and thus for our whole society.

The theoretical part of this bachelor thesis deals with education, prevention and support of healthy lifestyle in the individual educational areas that currently concern the school environment.

The aim of the theoretical part was to define the basic concepts and areas of education for a healthy lifestyle and to introduce specific programs aimed at prevention and promotion of health at the second level of elementary schools.

The practical part of the bachelor thesis deals with areas of school meals. More specifically, I focused on a school cafeteria that seeks to promote alternative ways and choices of school meals.

The aim of the empirical part was to explore in depth the issue of alternative meals in the school canteen in Český Brod.

In the theoretical part, I use the available and quality literature and sources related to healthy lifestyles, health and schools. The methods of qualitative research were used to solve the research parts of the bachelor thesis. As a proposal I chose the case study, widely used in pedagogical sciences. I combined individual methods of data collection, such as in-depth interviews, questionnaires, and I also used the possibilities of analyzing available documents.

The result of the thesis is a comprehensive theoretical part which enhances the reader's knowledge of healthy lifestyle in school conditions. Quality research has shown a tangible contribution of healthy school meals in the cafeteria, which is trying to make a healthier and more open concept of the dining halls in the Czech Republic.

The benefit of this work should be finding a possible pattern of healthy eating, according to which school canteens and facilities could be inspired. The concept and results of the school cafeteria in Český Brod show that new trends and ways are more than desired.

Keywords:

A healthy way of life, healthy way of life education, education, nutrition, children, the second grade of basic school, school cafeteria