

I focused on changes in eating habits of Czech people during a century. I have solved this problem by historical-comparative methods. I tried to highlight the possibilities of current eating habits and available ingredients in context of time. Using a questionnaire survey, I mapped the current use of certain foods typical of the Czech population, which I divided into 4 age categories. The division was as follows: younger 18 years, 19-30 years, 31-60 years and older than 61 years. I was also interested in the differences in consumption among the sexes. The questionnaires show that there are changes in consumption of some foods earlier and today: horse meat and turnips are used less frequently as same as cooking of soups of cooked milk and cheese soup, etc. On the contrary, consumption of meat and fruit has increased. To facilitate cooking work, semi-products are still used, men more than women use canned foods. I also found that in my sample of respondents there was a more moderate eating style amongst people, there were few people with strictly defined and special catering styles. Research has also found that most of the people in the diet today see a change in the diet. This fact is perceived positively, mainly in the sense of greater variety and availability of food. The results of this work surprisingly showed no bigger differences in eating habits among the age groups or between the sexes.