ABSTRACT:

The thesis “A healthy lifestyle and its application in teaching practice” covers the principles of a healthy lifestyle among today’s secondary school students and their application in life.

The author compares the differences in the healthy lifestyle of secondary school student, how they are interpreted by professionals, and compares them with the results of questionnaire conducted among pupils and their parents in the 2015/2016 school year at SŠ-COPTH (High School - Technical and Vocational Training Centre), Poděbradská 12, Prague 9, in the chemist operator and car mechanic fields.

The conclusions that the author has come to show to what extent today’s secondary school students, whether studying graduation courses or apprenticeships, enjoy a healthy lifestyle and the degree of their motivation to take care of their health. Work on this topic has led the author to reflect on how to continue to reach out to young people to ensure that they maintain a healthy lifestyle.

KEY WORDS: health, healthy lifestyle, student motivation, education towards health, food additives