

Title: The Influence of Educational Measures on the Nutritional Behaviour of Sixth Grade Primary School Pupils

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Abstract:

The master's thesis responds to the increasing risks of developing diseases associated with inappropriate diet which should be, from a professional perspective, avoided from early childhood. The aim of the thesis is to find out to what extent the available educational measures in the area of diet and nutrition are effective and how their efficiency is manifested in the behaviour of primary school pupils. The theoretical part is concerned with the formation of eating habits of children and the influence of these habits on their somatic and mental development. It describes the historical and contemporary view of the issue and introduces a legislative framework for catering in school facilities. The end of the theoretical part features selected projects, programs and studies dealing with the eating habits of children both in the Czech Republic and abroad. The empirical part analyzes and evaluates data from research at selected primary schools, which ascertain how sixth-graders at elementary schools provide school snacks and to what extent they use the services of school buffets, vending machines or shops around the school. The output of this paper is a lesson plan with reference to the data obtained in the research.

Keywords:

Nutrition, youth, health, snack, education, school