

Annotation

The bachelor work concerning nutrition – the factor, by which we can affect our health status. It targets the eating habits and approaches of inhabitants to the healthy nutrition. The theoretical part of the work elucidates the historical and contemporary concept of “healthy nutrition”. The aim of the study is to warn against possible risks resulting from various extremes in eating habits and point out World Health Organisation (WHO) nutritional recommendations.

The experimental part of the work concerns the monitoring of eating habits as well as the inquiry of approaches and amount of knowledge of health nutrition among adult population of Jihlava region. In research of eating habits we stress the proportionality and content of daily food intake according to the axioms of nutrition pyramid.