

## ABSTRACT

This thesis deals with the topic of Physiological nutrition of adolescents and their knowledge of healthy eating principles and habits.

The theoretical part of this paper defines the term adolescence and explains the characteristics of this period in one's life. It focuses on the physiological nutrition issue of this developmental period and all of the fundamental parts of nutrition are mentioned and studied. Another confronted issue is the problematic eating in adolescents, the risks alternative diets may bring, and the appearance of obesity and food intake disorders.

In the practical part I investigated how informed Czech high school student are about the principles of healthy eating habits. The investigation sums up results of a quantitative method using a questionnaire. 45 high school students participated in the study; they were all in their last year of Czech high school. The hypotheses involved aspects of important components of the diet. The study presents the raw knowledge students obtain during their lives about a healthy diet. The results show that there are only a few areas of nutrition where the students are informed, nevertheless, there are other areas little to no information is passed on to the students inside the schools curriculum.

In general, the results are reasonably positive, however, education should not be left aside.

**Key words:** adolescence, adolescent, nutrition, eating, health