

Annotation

Adolescence is a stage of life that is associated with many changes that are an integral part of personality profiling. Admittedly, adolescents address the issue of eating, the question may be asked: "how does it acquire, process and evaluate information and whether it is able to apply knowledge to its diet".

This work aims to determine the degree of influence of media on individuals, to determine the level of knowledge of adolescents in the field of healthy lifestyles, to find out the frequency of using the information obtained in direct practice. It focuses on a group of high school students aged 15–20 with a breakdown according to the nature of their education, including between grammar schools and art schools. The questionnaire form in the research part of the media environment and students' own decision-making information on the basics of nutritional literacy, ability to orientate in the environment of many different nutritional trends.

The final part then assesses the acquired information and compares the individual preferences in selected levels, both from the total number of adolescents and between selected schools.

The survey showed that better results were found in adolescents' knowledge and media influence than in the use of their knowledge in practice. This offers further possibilities for extending this work.

Key words: adolescents, body image, nutritions, education, media