

ABSTRACT

The work aims to map the curriculum of nutrition and its anchoring in educational programs and through a questionnaire survey to find out whether the content of the curriculum is sufficiently developed for primary school teachers, i.e. whether it is effective in their practice. The theoretical part summarizes the information concerning the nutrition of children of younger school age, focusing mainly on the principles of proper nutrition, building healthy eating habits, which significantly contribute to their future health and may have a preventive character from development of diseases. One of the many possible ways of prevention is teaching nutrition in primary schools with the help of appropriate teaching methods, activities, and the use of nutritional lecture programs, which this work mentions.

The practical part contains a questionnaire survey, in which it examines the relationship of teachers to the teaching of nutrition, focusing mainly on their views on the anchoring of the curriculum in educational programs. The resulting data are recorded in tables and graphs, which are accompanied by a commentary. Based on the results of the questionnaire survey, verified website was recommended, from which teachers can draw methodological material. These materials were the inspiration for the creation of proposals for two preparations for four teaching units, focused on selected topics of nutrition. The preparations are set out in the annexes.

KEYWORDS

Younger school-age, nutrition, eating habits, framework educational program, school educational program, school projects.