

## **Abstract**

The bachelor's thesis deals with the possibility of prevention of diseases of civilization from the point of view of nutrition; mainly the relationship between the quality of food consumed and these diseases. The theoretical part briefly describes selected diseases and risk factors involved in their origin, prevention, nutrition as one of the main determinants of health, ultra processed foods and their impact on health. The practical part works with several hypotheses that relate to interest and knowledge about the composition of food and possible risks associated with their consumption. It also summarizes the findings of the questionnaire survey, which, according to the hypotheses, was focused on knowledge of nutritional recommendations, awareness of diseases of civilization and consumer preferences in the purchase and consumption of food.

Key words: prevention, nutrition, ultra processed food, quality of food, noncommunicable diseases