

ABSTRACT

This master's thesis deals with problematics of healthy food, healthy lifestyle and sports activities of pupils at early school age. The aim of this work is to observe and evaluate eating habits of pupils of the target group. We research to what extent the children consume and know about the healthy lifestyle in connection with sports activities. We used the questionnaire survey as the main method. Then, we analyse sports results of these pupils on the basis of particular disciplines of UNIFITTEST.

Key words:

Sports activities, nutrition, eating habits, healthy lifestyle, child of early school age

