

ABSTRACT

The diploma thesis deals with the relationships and opinions of students of selected secondary schools, which are connected with alternative ways of eating. The theoretical part contains basic information about rational nutrition, individual nutrients, there is a comparison of the food pyramid and a healthy plate. Last but not least, alternative diets are also clarified and then information on five specific types of alternative diets is given. In the individual subchapters, vegetarianism, veganism, raw food, paleo diet and a gluten-free diet are mentioned.

The aim of the practical part is to find out the opinion of students of selected secondary schools on alternative ways of eating. These are my chosen secondary schools in the Rakovnicko region. A questionnaire survey is used as a research tool. Based on the data obtained, the questionnaire was evaluated and the results were converted into tables and graphs, which are always commented. 187 respondents answered the questionnaire. It was found that 19 of all respondents have nutrition-related health restrictions. The surprising result is that students did not learn about alternative meals primarily at school, but from their own resources (friends, family, etc.). The results of the questionnaire survey point to the fact that secondary school students eat mainly in the usual way, but interest and do not condemn this topic.