

ABSTRACT

The diploma thesis deals with the attitude of students to a healthy diet with the possibility of their own free choice. It represents possible justified risks arising from insufficiently timely information. Most mental and health threats occur in old school age. For this reason, my part is focused on the younger school age, where it is necessary to apply primary prevention against these threats.

The aim of my diploma thesis is to provide information about the level of students' knowledge of healthy eating, taking into account the biological, psychological and social aspects by which they are affected. I carried out the research at the 1st stage of a Prague primary school.

Quantitative questionnaire surveys, consisting of closed and open questions, were used as research methods.

The results provide a comprehensive picture of students' attitudes and levels of awareness of healthy eating with regard to their own eating habits before the end of primary school and before transfer to secondary school or leaving for multi-year grammar schools. The research revealed an opportunity to influence these views at a time when they are being formed and strengthened at a younger school age by a separate school subject. This gives pupils the opportunity to increase, expand and organize the information provided by the family, which is sometimes insufficient and misleading. Often, this knowledge is influenced by the socio-economic situation of the family, which is reflected in the composition of the menu and the related knowledge of students.

The research clearly shows that the examined sample of primary school pupils of the selected primary school has a certain awareness of a healthy diet, but they are not yet able to work independently with their knowledge. A very significant influence of the family is evident in their behavior. For this reason, there are different levels of awareness in individual groups, also based on the socio-economic situation of the family and the initial knowledge of parents who pass on family habits in the field of eating habits to their children.

Pupils' knowledge of the individual components of food and their influence on their own health is very insignificant. For this reason, their own choice is not consumed, respectively. preferred foods completely outside the group of healthy beneficial meals.

The conclusions of the research survey define the attitudes and needs for change that would lead to increased education in the field of healthy eating. By extending the subject of health education to the first stage of elementary school:

KEYWORDS

younger school age, unhealthy diet, dietary restrictions, obesity, prevention, habits, advertising, school canteen, healthy diet, health promotion programs, socioeconomic status, family