

Abstract

This diploma thesis deals with the topic of informing children about the composition of selected confectionery and contains a theoretical and practical part. The theoretical section is focused on information about confectionery and its composition, the health risks associated with the consumption of confectionery and a healthy lifestyle in children of older school age. In practical terms, the chapters are focused on a questionnaire investigation, information gathering and visualisation leading to clear conclusions of the objective of this work.

A research investigation of this graduate work confirmed that pupils of older school age from Dubí 1 Primary School are informed about the composition and content of additives in confectionery and are informed about the health risks that may be associated with their consumption in the case of 48% of the boys and girls interviewed. The research investigation was concluded with the results of the correct responses of the older school aged pupils from Dubí 1 Primary School. The data obtained provided information that:

- Items of older school age monitor the composition of confectionery on their packaging from producers in an average of 41% of the pupils interviewed.
- Items Oak 1 pupils are informed about the presence of additives in an average of 28% of cases.
- Elderly pupils of Dubí 1 Primary School have knowledge of the health risks arising from over-consumption of confectionery in the case of 74% of pupils interviewed.

On the basis of the information gathered, preparations for the lessons were compiled. The aim is to increase pupils' knowledge of the composition of selected confectionery in Health Education or Family Education.

Key words

Healthy lifestyle, nutrition, school age, additives, confectionery