

ABSTRACT

This bachelor thesis is focused on the eating habits of girls in elementary school. The goal was to find out whether there are certain differences in the way they eat between middle-aged and older school-age girls at a selected primary school. Whether their eating habits differ due to their age. The sub-targets therefore focus on how many times a day the girls eat, if they have a cooked diet each day, whether they eat breakfast and, if so, how regularly.

The theoretical part is devoted to information about nutrition, nutritional components and nutritional value of food. Subsequently, it focuses on the distribution of school age, the main principles of a child's diet, important components of the diet and the common mistakes related to the overall diet of children. Last but not least, the most common problems related to eating habits, such as eating disorders or, conversely, overweight or obesity, are also mentioned.

The practical part contains a questionnaire, which was attended by a total of 132 girls. In particular, 66 girls of middle school age and 66 girls of older school age. The girls used a semi-structured questionnaire to answer questions about their eating habits. The investigation took place at the Šumperk Primary School, Šumavská 21, under the leadership of Mrs. Mgr. Martina Winklerová, with the consent of the principal Mgr. Viktor Verner. The results of the survey showed that there are no fundamental differences in the way they eat between the two categories of girls. However, some results were very surprising, as I found out that almost 17 % of respondents in middle school age do not eat breakfast in the morning, and in terms of respondents in older school age, it is only 8 % of respondents. Here I assumed that the results would be exactly the opposite, as the parents have a more fundamental influence on the younger girls, so I thought that they would have breakfast regularly in the morning. I was also interested in the information that when it comes to regular diet, middle school girls eat less often than older school girls, more precisely 44 % of older school girls eat 5 times a day, while middle school girls eat only 23 %.

THE KEY WORDS

children; girls; diet; eating habits; eating; older school age; middle school age; nutrition