ABSTRACT

This book is about the most common risks associated with excessive sugar intake in young children. The theoretical part first discusses the chemical side of carbohydrates, their types and mode of metabolism. We will remember how carbohydrates are divided, why they play an irreplaceable role in our body, and I also mention which types of carbohydrates we should give our children daily and which, on the contrary, exceptionally. Furthermore, the most common types of sugar and sweeteners (eg honey, chicory syrup, cane sugar), which we probably know from ordinary households or advertisements, are listed in the theoretical part. Here I summarize their properties, uses and refute some myths. Then I briefly mention the history of sugar use. In the next part I mention individual diseases and complications associated with excessive sugar intake. They pay more attention to obesity, because the disease is spreading more and more in our young population and its negative effects are huge. Not only on the health side of the child and his development, but also on the psychological side, which in my opinion is very little associated with obesity. At the same time, the psyche plays a crucial role in the course and treatment of obesity. In the practical part, I devoted myself to the research of parents of children in preschool and younger school age on this whole issue. Using a questionnaire, I found out whether parents are familiar with the various types of carbohydrates, the specifics of the disease, and I also partially ensured their attitude to sugar in connection with young children. Research has shown that parents of pre-school and younger school-age children generally have a very good knowledge of the risks associated with excessive carbohydrate intake.