

The primary purpose of the bachelor's thesis was to map out the process of informal intergenerational transmission of "recipe knowledge", vernacular, often family recipes that have to do with proper digestion and prevention of indigestion in the environment of contemporary Czech youth at the age of young adulthood (i.e., 18-25 years). The work is defined by research questions, "From whom, when and where did this generation gain knowledge of recipes", "Does this generation actively pass on recipe knowledge?" "To whom, when and in what situations is this transfer made?" " The data documentation was primarily conducted on the basis of both informal and formalized interviews with the interviewees. Part of the work is a theoretical-historical part, seeking to define the concept of "recipe knowledge" in dialogue with ethnological and folklorist literature. Using internet analysis, semi-structured interviews and a questionnaire investigation, I have come to the conclusion that recipe knowledge or advice is still a topic of discussion. Young adults, from smaller towns and villages, who moved to Prague between the ages of 12-15, are particularly close to this. Referring to the interviews and results from the questionnaires, it is more women who provide, pass on and practice grandmotherly advice in everyday life.