

Summary

Subject: Nutritional value of breakfast of older school-age children

Background: The aim of this study is to summarize child-age obesity issue, nutrition customs and physical activities of children. Author developed, on the base of specialized publications and published works, own questionnaire. This questionnaire was applied to a group of children to observe nutritional value of breakfast and social factors of obesity development in older school-age children.

Methods: A group of grade school children of age 13 to 15 was assessed. In total 300 questionnaires were handed out, 229 were returned and suitable for further processing.

Results: Most grade school children do eat breakfast regularly. However, in most cases composition of their breakfast is quite inappropriate. A large group of 13-15 year old children dislike their figure and desire to lose weight despite age-appropriate proportions. Social environmental factors did not prove to be significant in overweight and obesity development.

Key words: obesity, nutrition, breakfast, physical activity, children.