

## **Summary**

The bachelor's thesis focuses on the analysis of milk and dairy products and their influence on the health of elementary school students. The work is divided into two parts: theoretical and practical.

The theoretical part examines the composition of milk and dairy products, their classification, differences between various dairy products, storage requirements, and consumption limitations. It also explores the importance of dairy products in children's diets and their role in disease prevention.

The practical part summarizes the results of a questionnaire conducted among elementary school students. The questionnaire, which included 23 questions and was distributed both in print and online form, aimed to assess students' knowledge of dairy products, their attitudes towards them, and summarize their consumption issues.

The questionnaire results indicate that students have a basic understanding of dairy products, are aware of their intended consumer groups, and summarize the issues associated with their consumption. They regularly consume dairy products several times a week, with a preference for unsweetened varieties.