

ABSTRACT

Title:

Eating Habits of Lower Secondary School Pupils

Objectives:

The aim of this thesis was to map and evaluate the eating habits of pupils in lower secondary school and to identify their daily dietary routines. The objective was to determine potential risk factors in their eating patterns and to highlight areas that deserve increased attention within preventive and educational interventions.

Methods:

The research was conducted using an anonymous questionnaire survey, through which data were collected regarding meal regularity, snack composition, hydration habits, popularity of school canteen meals, consumption of sweets, visits to fast-food establishments, and the influence of social media. The questionnaire was completed by a total of 113 pupils aged 11 to 15.

Results:

The results showed that more than half of the respondents regularly eat breakfast, and the majority bring snacks from home. Fewer than half of the pupils eat lunch at the school canteen on a regular basis. Fruit and vegetable consumption was below the recommended amount, whereas the intake of sweets and occasional visits to fast-food restaurants were common. Water was the most frequently consumed beverage, although some respondents reported regularly drinking sugary drinks. An interesting finding was that approximately one quarter of the pupils perceived social media as influencing their dietary behaviour. The findings of this study may serve as a basis for developing preventive programs and educational activities focused on promoting healthy eating habits among lower secondary school pupils.

KEYWORDS

eating habits, nutrition, primary school, school canteen, adolescence, healthy lifestyle