

Summary

Nutrition is one of factor which can positively or negatively impact on human health. Because of that it's necessary to get right eating habits and to have right information about nutritioning which is good for human health. This habits has to be aquired in childhood. Main focus of this study was to find out how well are educated students on secondary schools and compare their knowledge about nutrition.

Theoretical part of study describes how should right nutrition for childs and youths look like. It informs about creation of right eating habits and takes look over influence of family and all kinds of advertisement. on childs and youths choices of food and drinks.

Level of knowledge about nutrition is gathered by simple questionnaires. This questionnaires are analysed in practical part of this study. In first part are compared boys between girls from grammar schools in city Nový Jičín. 101 people were questioned in total. Second part – practical compares level of knowledge between students from czech region and moravian region

Form gathered data we can see that, knowledge about nutrition of moravian region students was found quite good. Girls has bigger interest in healthy nutrition and only 5 girls and 10 boys was not interested at all. Bigger knowledge has girls. Student form moravian region has slightly beter knowledge than students from czech region.

From filled questionnaires was found that students has quite good basic knowledge about nutrition. By the other hand they are not well informed in skilled knowledge about nutrition.

This knowledge should be teached slightly more than it is now days.