

The bachelor's thesis refers to the attitude of children of younger school age towards nutrition and food automats. The main goal of this thesis is to describe the opinion of schoolchildren of the age 6- 11 years on the healthy nutrition and food automats placed in basic schools among Prague. As well as an evaluation of the contents offered by these automats currently occurring in facilities of above mentioned basic schools.

Observed analytical sample, which consists of schoolchildren aged (6-11 years) attending 1st-4th class of randomly selected basic schools, appearing in the Prague 1, was given an anonymous and voluntary questionnaire of 42 questions aimed on identification and description their opinions on the healthy nutrition and their attitude towards the food automats. The data were collected in the time period starting from March to June 2010. The collected data were statistically preceded into graphic and table summaries and are enclosed to this thesis.

The results of this public inquiry showed us, that the awareness of younger schoolchildren is on quite good level. Regarding the nutrition habits it is evident, that the majority of the pupils are having regular breakfast (77%) and is having a snack made at home (81%). Also (75%) respondents know which food is healthy and which is not. Despite this fact, not all schoolchildren follow this information in reality. Generally we can say that girls are more concerned in the healthy food than boys. Boys mostly preferred the salamis, hams and fried food; on the other hand girls preferred baguettes with chicken and vegetable. In schools, where the inquiry was held, there were only drinking automats, which influenced marginally the hypothesis of this thesis. School children are mostly interested in hot chocolate drink and baguettes from the offer of these automats provided in the selected basic schools. Automats during the school year are daily used by 13%, seldom by 31% and never by 48% children. On the question: Which goods would children welcome, were sometimes curious answers such as coated cutlet ("Czech speciality called řízek") with potato salad, but also some salads (mostly from girls). The new projects of the Ministry for health issues: "Fruit for schools" or "Milk for schools" I did not meet with in these selected schools.

As a conclusion of this bachelor thesis the author is suggesting some primarily preventive recommendations aimed on parents, school and society at all, mostly in order to improve the attitude to healthy nutrition for children from the basic schools.