

Abstract

Positive effect of probiotics consumption on human health was discovered at the beginning of the last century. A number of scientific studies continuously test and clarify this effect to discover more types of probiotic microorganisms and thereby bring new probiotic food and food supplements to the market. The question is, if increasing public awareness and interest corresponds with recent tendency. This study includes theoretical background of the probiotics issue, biological basis, history and technology of probiotics microorganism and discussion of positive effects on consumer's health. The other aim of the study is to find out what knowledge has secondary school students about probiotics and also what role plays probiotics in their lives. Questionnaires were used to achieve these goals and general results are discussed at the end of this work.

Keywords: probiotics, nutrition, knowledge, basic education