

Abstract

This thesis deals with nutrition and diet, especially at a young age. The aim of this thesis is to investigate and compare the dietary habits of selected pupils from the Czech Republic and Denmark. It is divided into theoretical and practical parts. The theoretical part deals with the basic elements of nutrition, proper eating and water intake, general nutritional recommendations for children and adults, and nutrition of children. In addition the theoretical part of the thesis is focused on a catering in the Czech Republic and Denmark.

The practical part contains results of a research concentrated on eating habits of a selected group of school children in the Czech Republic and Denmark. As a method of data collection was chosen the written form of an anonymous questionnaire. As part of the survey were compared to partial aspects of eating. These were mainly the consumption of fruits, vegetables, sweets, soft drinks, dairy products and fast food. The survey shows that a selected group of Danish children in selected aspects eat better. A group of Danish children consume more vegetables and fruits and consume more whole grain dark bread instead of light. In contrast, a group of Czech children consume more sweets and drink more soft drinks. Daily diet Czechs and Danes are very different. The survey also showed that a selected group of Danish children are more active. The conclusion is that there is the difference between the eating habits of selected Czech and Danish group primary school pupils.