

Summary

This diploma thesis is divided into theoretical and empirical part. The theoretical part focuses on healthy lifestyle of young children. It describes the development of young children, proper nutrition, development of eating habits from an early age, children's obesity, obesity prevention at primary school and health education in primary school. The empirical part of this diploma thesis contains results of the research and project which deals with obesity prevention that was realized in selected primary school. The main purpose of this research is to find out what is the actual situation in the area of eating habits of children in the first grade of the selected primary school and what opinion parents have on the catering offered by the school.