

## The Drinking Habits of Children in Middle Childhood and Its Compliance in Selected Basic Schools

This thesis studies the drinking regime of children in middle childhood with a focus on the drinking schedule at school. The paper describes the importance of water in the human body and the effects of dehydration. Further research has been done from several different sources about water requirements of children. Particular attention has been paid to the drinking habits in schools with respect to the law. Personal research was conducted in the form of a questionnaire. This survey was completed by children in middle childhood during the day in school in the first grade of selected primary schools regarding their drinking habits. Individual survey results are given and analyzed. Based on the survey conducted and information taken from the available sources, a recommendation for educational practice has been formulated.