The content of this thesis is the theoretical analysis of the "Healthy alphabet", whose aim is the establishment of healthy living habits in the form of education for preschool-aged children. Based on the theoretical basis of the program, the object of my research is to determine how the program is used in practice, i.e. in kindergartens. The thesis also includes the issue of overweight and obesity in children, which is particularly linked to the lifestyle of the individual. In addition, I will concentrate on the subject of nutrition and nutritional composition of the human diet.