

ABSTRACT:

Theoretical part of this bachelor thesis deals with a nutrition behavior and with a characteristic, treatment and possible prevention of eating disorders. A questionnaire survey forms a practical part. The questionnaire was obtained from 200 women aged 10-50 years. The survey was whether girls and women eat regularly, how much are they interested in the nutrition value of food, what is their attitude to a sport, diets or thinness advertising in the media, also how they look at obesity, whether they have already met with eating disorders and if they know their meaning. The practical part also contains an evaluation of the respondents answers together with comparison in relation to their age. The results of the survey showed for example that women aged 41-50 years eat more regularly than girls aged 10-20 years, women older than 41 years old more often hold weight-loss diets and girls aged 10-20 years most often have regular physical activity.