Abstract

This bachelor thesis pursues the topic of the relationship between meeting the nutrition standards for Czech school dining system and final nutrition values of the meals. It also pursues, which types of food fulfill the consumer’s basket the most.

The theoretical section mentions the rules of children’s healthy nutrition in the age of 7-11 in terms of general and school eating habits. Laws relating to school dining system are also described. In the end of this section are mentioned projects that pursue the school dining system in the Czech Republic.

The practical section evaluates the proportions of macronutrients and salt content in school meals. It also evaluates the way of meeting the nutrition standards for school meals in 15 school canteens from 4 regions in the Czech Republic.

The survey was accomplished by evaluating canteens’ stock issue slips and comparing them to a statement of meeting the nutrition standards in 1 month. It was discovered that the macronutrient content doesn’t match the rules of children’s nutrition in most of the cases and that the salt intake from school meals is too high. It seems that the nutrition standards are at least in some part fulfilled by healthy food suitable for children. The use of fresh vegetable and fruit seems to be high. Also, there is still a place for improving the quality of school meals.

The results of this bachelor thesis allow to use objective criticism in the topic of school dining system after detailed analysis of school meals in 15 canteens in 1 month. The results allow us to see, what is necessary to improve and which standards the canteens really meet.