

Abstract

The study focuses on eating habits of adolescents and adults, mainly through the differences in perception of the importance of nutrition in these two groups. The theoretical section concentrates on particular subjects that affect this issue, such as personality disorders, which can lead to eating disorders, what is body image and how it relates to nutrition, how adolescents and adults perceive their own body and how their eating habits look like or how they should look like. The chapter about dietary habits is relatively comprehensive and at the end of the theoretical section I outlined all the aspects that can be projected into the relationship between the individual and food. In the practical section there is explained the methodology of research and the results. The first hypothesis which has been confirmed is that adolescents do not attach great importance to the diet, while the adults try to pay more attention to proper nutrition, in terms of nutritional content and regularity. The second hypothesis, stating that the teenage girls tend more to have insufficient nutritional intake than boys of the same age range has been confirmed as well.