

Abstract

Title: Nutrition and activ regimen of children in older school age.

Objectives: To describe the principles of proper diet and activ regimen . To determine the current status of the diet and movement of children in older school age.

Methods: In my thesis I used experimental method and it is associated with the collection and evaluation of data. The practical part was conceived in the form of enquiry.

Results: The frequency of meals taken per day by sporty children are not much different from the frequency of meals of children who don't do any sports but the difference is in the composition of the food they eat. Sporty kids take more vitamins per day and drink more fluids. Daily exercise regimen follow all the interviewed children. Energy content of the food children of this age eat is greater than they consume. They eat a lot of fatty food and they suffer from lack of protein.

Key words: Balance of nutrition, drinks regimen, optimal body weight, activ regimen, physical preparation.