

TITLE:

Food allergies and its influence on nutrition of contemporary Czech family

AUTHOR:

Barbora Vanišová

DEPARTMENT:

Department of Education

SUPERVISOR:

PaedDr. Eva Marádová, CSc.

ABSTRACT:

This bachelor thesis deals with the issue of food allergies and their effect on the nutrition of contemporary czech family, along with the possibilities how to handle the negative impact that allergies could have on the composition of the diet. The theoretical part predominantly concentrates on the food allergies as a whole, their symptoms, types, prevention, diagnosis and treatment; the practical part uses a questionnaire survey to investigate the condition of allergies in czech families, knowledge of them among families with an allergic member and also in general public, and the attitude to diet in terms of its change in families with allergic members. In the practical part the thesis as well researches, if there is a positive or negative impact of food allergies on the composition of czech families' diet, and evokes possible solutions, how the diversification of the diet considering the food allergies could be attained.

KEYWORDS:

Allergies, food, family nutrition, food allergies, Czech family