ABSTRACT:
The thesis focuses on eating habits of adolescents and their knowledge of nutrition. In the theoretical part, the bio-psycho-social development of growing up individuals is characterized. From the nutritional behaviour’s point of view, factors are mentioned that may influence eating habits of individuals along with nutritional recommendations for adolescent individuals. Data from research focused on nutritional behaviour of adolescents conducted in Czech republic and the consequences of insufficient and excessive nutrition is included into the theoretical part. The last part clarifies the implementation of nutritional themes into the Framework Education Programme for Elementary Education and education programmes and projects focusing on supporting healthy eating habits intended for schools.

Goal of the practical part is to map the eating habits and knowledge of eight and ninth grade second stage students of three primary schools in Prague and third and fourth grade students of two grammar schools. To test this goal, the quantitative approach of questionnaire survey and qualitative methods of analysis of school curricula were used. The research result says that the knowledge of the selected research sample of students does not have a significant impact on their eating habits.

KEYWORDS:
adolescence, nutrition, nutritional behavior, Framework Education Programme for Elementary Education, lower secondary education