

Title: Consumption of stimulative and energetic drinks among secondary school pupils

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Abstract:

The aim of this bachelor thesis is to find out whether high school students are sufficiently informed about the possible risks of consuming energy drinks, and to what extent their knowledge is associated with their personal consumption of these beverages. The theoretical part is concerned with the actual concept of an energy drink, its ingredients and the drinking regime in general. Furthermore, it also informs about the potential dangers of energy drinks, already executed studies and available measures. The practical part is focused on the questionnaire survey, conducted among the high school students, which tries to find out what their experience with energy drinks is, and whether their knowledge of the effects and dangers of energy drinks is sufficient. The conclusion shows the possible preventive recommendations.

Key words:

Energy drink, risk, young, legislation, health, trend