How nutritional preferences of high school students in the region of Olomouc are influenced by staying in boarding schools

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This bachelor thesis examines the differences in dietary habits and preferences of high school students who stay in boarding schools during the school year compared to high school students who live at home with their parents. The students attending different types of high schools in the region of Olomouc are the target group of this research.

Based on the results, which were obtained by a questionnaire survey in which 248 respondents were involved, it was found that the nutritional habits and preferences of both groups of adolescents differ in certain aspects. Simultaneously, however, it was found that there are not significant differences between the diets of these two observed groups of high school students which was assumed in the initial hypothesis.

Based on the interview with the main educator of the selected boarding school in Olomouc, it was found that adolescents staying in boarding schools are, compared with peers who live at home with their parents, exposed to factors that may fundamentally disrupt their nutritional habits and preferences.

Based on data evaluation that found inappropriate eating habits in both groups of high school students there is provided a set of recommendations that can help to improve the nutritional habits of the target group. Additionally there is provided another set of recommendations that can be used by high schools and boarding schools to promote good nutrition. These recommendations do not have a universal character but they can be modified and used for purposes of other educational institutions in other regions of the Czech Republic.
KEYWORDS

Adolescent, youth, pupil, high school student, boarding school, food, essential nutrients, dietary habits, nutritional preferences, bad eating attitudes, recommendations.