

This thesis is concerned on the theme Milk and dairy products in nutrition of pupils aged 11 to 15 years. The theoretical part is based on the chemical composition of milk of general aspect and there are characterized some chosen kinds of dairy products and their effects on human health. The practical part is concerned on the research of being some statistically significant differences in consumption of milk and dairy products of the point of view of gender, age and access to milk and dairy products in the families. The research is further based on the finding of the levels of probands' knowledge about the composition and the influence of milk to the human organism. The research sample is formed by 240 pupils of Secondary school in Domažlice, Komenského 17. The results show neither the gender, age or access to milk and dairy products in the families do not affect the consumption of milk and dairy products of individual probands. The education unit whose aim is to increase the knowledge about milk of second graders in elementary schools is proposed on basis of identified facts.