

This Bachelor thesis deals with the omega-3 polyunsaturated fatty acids used in nutrition. The thesis examines how well students of the Third Faculty of Medicine at the Charles University in Prague are informed about the omega-3 polyunsaturated fatty acids and to what extent they consume food rich in omega-3 polyunsaturated fatty acids.

The theoretical part of the Bachelor thesis focuses on the basic fatty acids theory, the general characteristics of the omega-3 polyunsaturated fatty acids and the recommended intake of polyunsaturated fatty acids from foods. It addresses the effects of the omega-3 polyunsaturated fatty acids on the prevention and treatment of diseases, their effects on the lipid spectrum, the cardiovascular system, the immune system, the central nervous system and eyesight, diabetology, nutritional pharmacology and the skin. It deals with the significance of omega-3 polyunsaturated fatty acids intake by pregnant and lactating women, children, the elderly and vegans. It specifies the sources of omega-3 polyunsaturated fatty acids in nutrition.

In the practical part of the Bachelor thesis, the author evaluates an interview survey involving 467 students in all years and from all branches of study at the Third Faculty of Medicine at the Charles University in Prague, who were enrolled in the academic year of 2015/2016. The practical part describes the objective of the thesis, hypotheses, methodology, results and includes a discussion. The results of the practical part are presented in a form of annotated charts and tables.

In conclusion, the author of the thesis recommends to put an emphasis in teaching on fats and the omega-3 polyunsaturated fatty acids, their significance for health, and to lead health-care workers to further training on this topic, in order to enable well-informed specialists in the field to exert influence upon the population with regard to changes in its dietary habits.