

Abstract

The diploma thesis deals with the topic about the relationship of older school-age towards nutrition from the point of gender. The theoretical part defines the problems of gender in the reference to nutrition, it characterizes the period of older school-age and defines the particular factors that have an effect on the development of the nutritional behavior of pupils. The aim of the practical part is to discover whether there are any differences in the attitudes towards nutrition amongst boys and girls at the period of older school-age or whether there are any specific things at nutritional behaviour in the view of gender. For this purpose, I have chosen the interview survey that was concretely focused on the interest of chosen group of pupils about the problems of nourishment, their attitudes, foreknowledge and nourishing behaviour. The result of the survey shows that there are particular differences in nutritional behaviour among boys and girls. The interest about the topic of nutrition is bigger by the girls in the comparism of boys. The girls also try to keep on healthy food. On the contrary, there are very small differences between boys and girls at eating habits. According to the survey, it is possible to say that some gender stereotypes about the problems of nutrition are overcome. In the practical part, there are suggestions of the utilization of gained facts in the teaching experience.