

ABSTRACT

The diploma thesis aims the attention on reduction diets at pupils at choosing school. The teoretical part describe the development of the pubety age, the accurate regime according to the pupils' proces, the types of reduction diets, the alternative food and the following motion aktivty. The thesis deals with the illneses, which can be caused by reduction diets, which are kept quite often. At the end of the teoretical part it is manched the under topic the reduction diet, which is involved in the part Health Education and PE of the topic according to the the Framework Education Programme and the School Education Programme ZŠ Dobiášova. The issue that conception of educational lesson aim on reduction diets, alternative way of eating and the illneses, that can be caused by reduction diets

The practical part of thesis contains the amount of pupils in second level of primary school (6. – 9. grade) who keep or kept reduction diet at choosing liberecká school, afterwads there were the conversations with the choosing pupils which lead solving, why pupils want to be on diet and what is the reason to be on diet. To gain the information is used the quantitative approach of questionnaire survey and then the structured conversation that is led with choosing pupils, then there is created the preparation of lesson with the topic of The Reduction Diet. The survey of the practical part brings the remarkable information that concern to big amount of pupils who are on diet.