

ABSTRACT

This work is focused on the point of the secondary school youth attitude on the issue of the rational nutrition. Using the questionnaire investigation that is divided into several research areas I am trying to prove or disconfirm the existence of the mutual relationship between the branch of study and the preferences of healthy nutrition and healthy lifestyle for youth. My thesis deals with the question of a provable relationship in knowledge achieved in the field of healthy nutrition and healthy lifestyle and the branch of study.

The main findings revealed the unsatisfactory knowledge in matters of healthy nutrition and a healthy lifestyle. The family does not pay sufficient attention to rational nutrition and youth isn't very careful about a regular diet. Students very often don't have breakfast and they replace lunch mostly by cold snack of inadequate composition that is mostly bought in school canteens. Fruit, vegetables and dairy products are consumed by secondary school students in small amounts and irregularly. Only quite exceptionally they attend school dining-room to get warm and energetically efficient and biologically balanced lunch. Drinking regime is mostly insufficient and is made up of the inappropriate drinks, most often the sweet lemonade, coffee and energy drinks. Secondary school students consume alcohol in large amount and regularly, although they are underage users. A substantial group of respondents smoke regularly or admits occasional use of tobacco products.

Regular research found that there is no clearly demonstrable difference between the obtained knowledge from the area of healthy lifestyle and the branch of study. The scientific assumption about the relationship between studied subject and preference for healthy diet and healthier lifestyle was completely abandoned. On the basis of recorded information there was compiled project focused on healthy food and a healthy lifestyle for our school. This project should lead to improved quality of knowledge in this area. However, the main concern is the students to accepted these findings and transfer the rules of proper life style to everyday life.

KEYWORDS

physiology of nutrition, ways of alimentation, divided nutrition, rational nutrition, developmental periods- adolescence, personality development, social and emotional development