

Abstract

The theoretical part of the diploma thesis deals with specific nutritional needs and the concept of healthy nutrition during period of adolescence. Knowledge and attitudes are constantly evolving in period of adolescence and can also be negatively affected in many ways (most often through media), so emphasis is placed on the risks of excessive or inadequate intake of energy and nutrients. A special chapter deals with eating disorders. The paper analyses individual categories of the food pyramid in detail, focusing on needs and pitfalls related to adolescents.

The practical part of the diploma thesis focuses on mapping of the knowledge and attitudes of adolescents towards healthy nutrition. Main aims of this work were to compare the knowledge of adolescents about healthy nutrition, depending on the currently studied school and age (in this work was compared the younger group aged 13–15 with the older group aged 17–19). Another aim of the work was to investigate the relationship between the attitude towards healthy nutrition and the sex and also the difference in attitudes between the two adolescent age categories.

The used methodology was a questionnaire survey. From mid-February to the end of March 2017, data was collected at schools in the Central Bohemia Region, specifically in the town of Vlašim and Benešov. Respondents were students of elementary school, vocational school, secondary specialized school and grammar school. The questionnaires were filled in a printed or online form. The total number of respondents was 382. The questionnaire was divided into a general part, knowledge, a part focused on attitudes and a combination of knowledge and attitudes.

Based on the results of this work, adolescents have good knowledge of healthy nutrition. In the knowledge section of the questionnaire, adolescents reached range of success of 75–82 % according to their age. There was no difference between age-related knowledge. According to the results of this work, students of secondary specialized school have better knowledge of nutrition than students of vocational school. Grammar school students had better knowledge than vocational school students, but worse knowledge than secondary specialized school students – but the differences were only moderate. Furthermore, this survey has shown that more than half of questioned adolescents have a positive attitude towards healthy nutrition. Attitudes towards healthy nutrition did not show any significant differences depending on age or gender. As the last part of the questionnaire focusing on the combination

of knowledge and attitudes has shown, about a third of adolescents prefer an inappropriate variation of daily food despite good knowledge of healthy nutrition.

Good knowledge doesn't have to be a prerequisite for a positive attitude and doesn't guarantee good behaviour in eating habits. However, it is important to take care of it and minimize the spread of incorrect information about healthy nutrition.