

The theme of the thesis is approach of elementary and high school students to alternative food strategies (such as vegetarian and macrobiotic food). The aim of the thesis is to map out among students of elementary and high school their consumption of certain foods, attendance and food consumption at fast food restaurants, their knowledge about alternative food strategies (vegetarian and macrobiotic) and attitude to these food strategies.

The first part of the thesis is theoretical and is divided into chapters devoted to food consumption and nutritional recommendations in the Czech Republic, to alternative food strategies (vegetarian and macrobiotic) and for subject matter of alternative food strategies in curriculum documents. Next parts of the thesis are focus on research and precaution proposals.