

Abstrakt:

This study is oriented on the issue of the offering of food machines and buffets in the area of primary schools. It is focused on the influence of the offering on eating habits of pupils 2nd grade of primary school. To comparison it gives the eating habits and whole lifestyle of children from majority population on one side and from gypsy families from socially excluded localities on the other side. The essential act in Czech Republic was the so called “Candy regulation” in 2016, which gives standards for food and drinks which are allowed to be offered in schools.

The goal of this bachelor study is to describe eating habits of 8 and 9th grade pupils in Chomutov region and to find out how important the food machines and buffets in schools are for the lifestyle of kids. The specifics of eating habits of gypsy population from socially excluded localities are given to the context. For the research was used a questionnaire made specially for purposes of the bachelor study. The questionnaire was filled in by pupils of 8 and 9th grade pupils in Chomutov region. Respondents were from different schools which are compared in the study. It was found out, that despite the “Candy regulation” forbidden foods can still be found in schools. This was noticed in schools with bigger amount of gypsy pupils. It was confirmed, that pupils skip breakfast, don’t use the school canteen a lot, don’t eat fish and legume at all, don’t have enough of fruit, vegetable and sport. The study also says that the interest in food machines and buffets went down in comparison with year 2016. The interesting finding was, that pupils who have a breakfast regularly, have higher motion activity and eat fruit and vegetable regularly, go to food machines and buffets less often.

The study contributes to get an overview of the first influence of “Candy regulation” on eating habits of pupils. It conducts a survey of 8 and 9th grade pupils’ behavior in Chomutov region and shows the role of food machines and buffets in their eating habits.

Keywords: food machines and buffets - school eating - secondary school aged children - eating habits - “Candy regulation”