

Abstract

This thesis deals with an influence of nutrition on growth and development of children. Theoretical part is dealing in details about nutrition facts from an early childhood to adolescence. Practical part of the thesis deals with questionnaire-research, performed at Prague elementary schools and high school. Number of probands was 192. The total number of girls was 107, 88 girls from elementary schools and 19 from high school. The total number of boys was 85, 58 boys from elementary schools and 27 from high school. Age spectrum was between 10 and 18 years. Questionnaire was focused on basic eating habits, which play an important role in presence of overweight and obesity in childhood. At the same time, we evaluated anthropometric parameters – body weight, height and BMI.

Keywords: pediatric nutrition, principles of healthy nutrition, alternative nutrition, eating disorders