

Abstract

Diploma thesis deal with health and healthy lifestyle and is focused on nutrition and eating older school pupils. The theoreticial part of the thesis is focused on key concepts of the topic, that is health and healthy lifestyle, the thesis deals with the topic of nutrition related to health, eating habits, body weight - malnutrition, overweight and obesity. The thesis is focused for eating in school canteens. The main goal of the thesis was using the survey questionnaire to analyze of attitudes of pupils at primary school doctors Františka Ladislava Riegra in Semily in terms of healthy lifestyle and eating habits. Another goal was the assessment of school meals in school canteens and the observation of pupils during meals at the primary school.

Keywords

Health, Style of life, older school age, nutrition, eating habits, school canteen