

## **ABSTRACT**

The aim of this bachelor thesis paper was to investigate the overall awareness of pupils from the 3<sup>rd</sup> – 5<sup>th</sup> grade from a selected primary school in Milovice. The secondary objectives monitored whether fruit and vegetables are a daily part of the target group's diet, at the same time whether the pupils actually eat fruit and vegetables received during recess and lunch breaks. Another research goal was to address the benefits of Fruit and Vegetables in schools project. The theoretical part is devoted to healthy nutrition. It describes the functions of the main nutrients, there is emphasis on accessory nutrients, especially on vitamins, fibers and antioxidants, which emphasizes the necessity of eating fruit and vegetables. Part of the theoretical part is also the issue of nutrition of children and the short discussion on the project Fruit and Vegetables in Schools. At the same time, a chapter on the digestive tract has been included, as it is here that digestion and absorption of substances from food occurs. Given the target group, the paper states the nutritional recommendations for citizens of the Czech Republic with a focus on school aged children. The aim of the practical part of this thesis was to map out the consumption of fruit and vegetables in the 3<sup>rd</sup> - 5<sup>th</sup> grade in accordance with the research objectives. The research was conducted with a written questionnaire. In total, 314 respondents from 3<sup>rd</sup> - 5<sup>th</sup> grade participated in the research. The findings were that the respondent's awareness of the benefits of fruits and vegetables for the human health is very good, and any lack of information has a correlation with the frequency of consuming fruit and vegetables. Furthermore, it was found that an insufficient number of pupils consumed fruit and vegetables every day. The School Fruit and Vegetables project has proven beneficial as it increases the diversity of children's diet. The research shows that most of the fruit and vegetables the children bring to school, during breaks and lunches are truly consumed by the pupils. In particular, the awareness of the frequency of consumption of fruit and vegetables, the optimum amount of fruit and vegetables per serving should be targeted. Enlightenment should occur primarily when it comes down to the frequency of consuming fruit and vegetables and furthermore in reaching the optimal amount of fruit and vegetables in one portion.