

ABSTRACT

This diploma thesis Healthy lifestyle of pupils of the second grade of selected Prague primary school was prepared with the aim of finding out the healthy lifestyle of the pupils of the given group that is, pupils of the second grade of the Prague school. The standard CINDI Health Monitor method was used for this finding, thanks to which it is possible to compare healthy people's lifestyles across age groups. This method includes a standard set of questions to which probands answer dichotomously or yes-no. Our research has been supplemented by questions specific to our age group. These questions were evaluated by the percentage of positive answers and compared with previous surveys across age groups. Specifically with a group of students and adults over the age of 25. In terms of statistics, a correlate was also used, which better captured the relationship between the given age groups. Another goal of this work was to establish recommendations for the recovery of the health style of students who were the subject of this work, based on the intersection of the results with theoretical background. The selected group of pupils has a good health style, which may be due to the location of the school and also its culture, as there are many sports students. The main recommendation for pupils is to limit the supply of sweets that have a low nutritional value, as well as sausages, which are a common food in most pupils' diets. Furthermore, the effort to reduce smoking in the household of students. Due to the location of the school on the hill, pupils are recommended to walk to the school from the place of residence, if they live nearby, on foot.

KEYWORDS

healthy lifestyle, second degree of elementary school, CINDI Health Monitor, health