

## **ABSTRACT**

The diploma thesis focuses on the topic of cultivating microgreens in nursery school. Microgreens are young plants of various species of vegetable, that are grown in soil and are harvested approximately after ten days. The simplicity of growing microgreens makes it an appropriate activity for preschool-age children. Besides rewarding the children with nutritious food, it brings children the opportunity to develop key competences and pre-literacies. The theoretical part is an information base for growing microgreens in kindergarten conditions. It describes cultivating plants in kindergarten, it deals with historically, legislatively and didactic point of view and also describe kinds of microgreens, possibilities of use and cultivation procedures suitable for kindergarten. The aim of the diploma thesis is to present the possibility of growing microgreens in nursery school with preschool children.

The empirical part focuses on the design and implementation of a set of activities in which children in kindergarten grow microgreens. In addition to cultivation, other activities are also included, in which children use the topic of microgreens in individual stages of growth. The set of activities aims primarily on reaching environmental education goals and is created using a logical model. It is implemented in the kindergarten where the author works, and in another 53 classes, mainly the ones involved in the Skutečně zdravá škola initiative. The aim of the research survey is to find out the attitudes of teachers to the set of activities and to analyze their own realisation. Teachers' attitudes to the created set of activities and its results are collected using a questionnaire. The research shows that microgreens can be grown in kindergarten. Using predetermined criteria, the respondents have evaluated the set of activities very positively. It was found that the percentage of higher outputs is being achieved by kindergartens, that implemented all activities, including other activities related to the topic. According to the data analysis, some changes in the set of activities were suggested. In the future, the empirical part could serve as a methodological material for nursery schools.