

Abstract

This diploma thesis, “The knowledge of a selected group of teachers about nutrition and the influence of food on the human organism” aims to find out about the level of knowledge that the teachers of the lower secondary stage of primary schools and the corresponding years of grammar schools possess in the field of nutrition and its influence on the human organism. Nutrition is a necessary part of life and the knowledge of proper nutrition is essential for the correct function of the human organism, prevention of various diseases, etc.; nutrition in children is evidently even more important than in adults. Furthermore, nutrition helps to improve academic importance, which is why teachers should have at least some level of knowledge in this field.

In the theoretical part I try to sum up the very basics of the individual areas of nutrition, including a recommended fluid intake, micronutrients and macronutrients, or the influence of nutrition on the human psyche.

The research for this thesis was done via a questionnaire survey, in which 260 teachers took part. The teachers came from randomly selected schools; their contact information was all publicly available and obtained from the websites of the individual schools.

The questionnaire included 25 questions altogether and, among others, it also contained a question on the regularity of the teachers’ meals during their working days. 20 of these questions were knowledge-focused. The questionnaire covered various areas of nutrition.

The survey also included an extra open-ended question (number 26). Answering the question was not mandatory as it served only as a way to add any possible comments the teachers might have had, which is why the answers to this question have no bearing on the actual output. The comments left in response to this question varied greatly. Some teachers complained about the difficulty of the questions, others complained about the questions being too easy; some people also expressed their gratitude or requested to raise awareness in this area. Ironically, those who complained about the difficulty of the questionnaire generally performed better than those who found it easy.

The results of the survey were surprisingly good – the overall number of the correct answers was almost three times the amount of the wrong ones.

However, there were definitely some areas in which the teachers generally made mistakes more frequently. One of them was, for example, the question of choosing the most suitable kind of baked goods or the best source of some micronutrients.

The field of nutrition is generally very large and constantly evolving; there are always new things to learn.

The result of this survey is a didactic output which is focused on deepening the knowledge of teachers in the field of nutrition, with special emphasis on the general knowledge of nutrition, the nutritional needs of school-age children and proper nutrition in some childhood diseases. The education on this topic would concern the teachers of the lower secondary stage of primary schools and the corresponding years of grammar schools, who might be interested in gaining a greater insight into this matter. The training would be divided into three 90-minute lectures.

During these lectures, the teachers would try their hand at creating informational posters or writing a seminar paper. The lectures would, of course, include discussions on a variety of topics. After completing all three lectures and handing in their thesis, the teachers would receive a diploma as a proof of completing this module.

Key words: protein, teachers, carbohydrates, fats, influence, nutrition, knowledge