

Healthy life style and table manners of students from 4th and 5th grade of elementary school

SUMMARY:

This diploma thesis is dealing with question of healthy life style and aesthetic of students from 4th and 5th grade of elementary school. In theoretical part I am trying to show what and why should students know about this topic and how is RVP dealing with it. In the following experimental part I examine what students know from this topic and if they are able to use the information. In last part I am suggesting programme for one and half year in which students gain theoretical and practical knowledge from fields such as: healthy food, aesthetics of dining, exercise and sport, hygiene and fashion. Finally, I will be reviling some of the taught and amended lessons of the project. The total evaluation of the project concludes the paper.

KEYWORDS:

Healthy life style, aesthetics, sport, hygiene, fashion