

This diploma thesis consists of a theoretical and analytical part.

The first part introduces basic knowledge about healthy nutrition, the constitution of nourishment and nutritional recommendations for citizens of the Czech Republic. It also describes a required level of knowledge about nutrition that all high school students should have.

The analytical part is based on research that examined the knowledge of 298 university students and high school seniors. The students were from four different universities and one high school. This set of students was examined by a test that consisted of 30 questions. Students answered another four questions about their weight, height, gender and subjective valuations of their knowledge. The answers to these questions were evaluated manually and processed in programs such as MS Excel, MS Word and Epubable. The diploma thesis examines the knowledge of students based on their school, gender and daily life experience. It also shows students' Body Mass Indexes and differences in their subjective valuations of knowledge based on the students' schools. Results are presented in well-arranged tables in Chapter Discussion. The research showed that the best knowledge is to be found among students from Third Faculty of Medicine. Practical questions that focused on daily life experience didn't show any remarkable differences among students from different universities. It also didn't show any major differences between the knowledge of men and women. The research revealed a lack of knowledge about energetic structure of diet among students from non - medical schools.

This thesis suggests that the best way to improve students' knowledge about nutrition at different universities is to change and improve the way of teaching this field at high schools.