

The aims of this study are dietary habits, eating preferences and aversions, body image and self-esteem, the factors which in its pathological form belong to one of the major risk factors and are considered as a key component of prevention of eating disorders in childhood. The analysis of interviews and questionnaire methods for the younger group of girls and middle school age girls (N = 101) showed that girls enter the 1st classes with relatively consistent system of eating preferences and aversions. The changes are in middle school age when the range of experience with meals extends, preferences are reduced and aversions to certain food and dishes are growing. Preferences of slimmness appeared in the area of body image, though it declined with age and moved to a more realistic proportions. Pronounced pathological eating behavior was not confirmed in our reference file, we have seen only some trends that might result in the eating problems in later life. In a group of girls of middle school age, we found increased negative self-esteem and evaluation of own skills. At the end of the work we gave some suggestions for the prevention of eating disorders.