

Abstract

Project focusing on healthy lifestyles of preschool children

According to the recent epidemiological examination has more than half the Czech population overweight. Overweight and obesity are associated with many serious health problems, higher mortality and significant are also high financial charges of their treatment.

This thesis deals with a healthy life style and children's obesity issue. It's divided into theoretical and practical part. Theoretical chapters discuss about issues associated with health, nutrition, drinking regime, physical activity, relaxation, causes and consequences of children's obesity, food allergies and outline the principles of healthy nursery school.

The practical part is about week project developing principles of a healthy life style. This inspiring instruction aims to take children and gently pull them to the topic and develop healthy living habits and attitudes. Due to the project realisation I was able to find out, that most pre-school children have acquired knowledge regarding healthy life style. However there are mainly parents, who are affecting food and leisure time their child, unfortunately not always in the right way.