

ABSTRACT

Concept of health education in kindergarten

This thesis deals with the concept of a healthy lifestyle for preschool children and of health education in nursery schools. The first part of this work is the definition of "health" and individual determinants of health such as lifestyle, environment and health. The thesis deals with the various components of health education in kindergarten, the movement of children in kindergarten, nutrition, inner comfort and overall environment of the nursery school in the context of the Framework Curriculum for preschool education. The subject of research of this thesis is two-stage evaluation process and questionnaire, which is presented to teachers of kindergartens.