

## **ABSTRACT**

This thesis is focused on healthy nutrition and the possibility of influencing the eating habits of pupils at primary school. The first chapter of the theoretical part deals with nutrition of children, proper diet composition, nutritional habits and their formation and also mistakes in nutrition.

The second chapter focuses on the education of children of primary school, the area of healthy nutrition in the Core curriculum and health education in the school and its integration into teaching. It continues describing projects which are already operating and promoting healthy eating habits.

The practical part presents data on the eating habits of pupils acquired by questionnaire method. The resulting data is processed into graphs with added comments. The last part includes a draft of an own project which supports proper nutritional habits of children.

**Keywords:** healthy nutrition, children's nutrition, eating habits, education to health, primary school