

Title

Selected nutrition aspects of female students at chosen universities in the Czech Republic

Abstract

The objective of this Bachelor thesis is to focus on specific aspects of selected female university students in the Czech Republic. Initial chapter describes basic life-style facts of this group. Following chapters list and compare youth and adult nutrition habits. General nutrition issues are also presented in this project including family and school nutrition addition to public nutrition analyses. There is also chapter specifying sample of university student, nutrition habits and relevant research. The practical part presents own university student research. The output of this research did not prove any significant fluctuation in female student nutrition at selected universities.

Key words

University student, school nutrition, school cafeteria, nutrition, life-style