

The aim of my thesis Dietary habits of students of 1st and 2nd grade elementary school was to determine:

- What factors influence the eating habits of students. Examined factors were mainly students sex, age and location of residence.
- Whether the menu in school canteens reflects recommendations for compilation of the menu and consumption basket, and how large percentage of children eat in the cafeteria
- what foods offers the school buffet to children and what do the kids in the cafeteria frequently buy; whether the assortment of the school buffet influences the students eating and to what extent.

The Work was made using questionnaires distributed among 330 pupils at three primary schools in Prague, Brno and Sedlcany at both levels – junior and senior. On individual schools there were further analyzed the menus of school canteens in the period in which the questionnaires were distributed in schools. The buffet assortment was sent and communicated with leaders of school canteens.

A study shows that children's eating habits are influenced by monitored factors mainly by gender, age, location of residence and dining options represented by cafeterias and school lunches offers.

All three surveyed schools offer their pupils a choice of several lunches, in one case, with the additional option of diets. From three checked menus, the most corresponds to the recommendation of the healthy food the menu of the primary school in Sedlcany. This school canteen is also with 91% participation the most attended. The structure of the range offered in the school cafeteria significantly affects the eating habits of primary school pupils. In schools, where buffets offer a balanced and healthy diet (sandwiches and whole wheat bread) is widespread among students just buy such foods. In contrast, where the buffets offer a wide range of sweets and snacks the eating habits of students show more than double the consumption of sweets.