

ABSTRACT

This diploma thesis carries the title "Caffeine, its effects on health and its consumption among students of selected secondary schools". In my diploma thesis, I am interested in how many students of selected secondary schools rely on stimulating effects of caffeine during their studies and how caffeine influences them. The key task of the diploma thesis is to find out at what level the knowledge of students of the first and final years of selected secondary schools are in the area of caffeine drinks and beverages, how much relevant information they have about caffeine influence on health and behaviour. Also, how many and what types of caffeine products the pupils most often consume. A questionnaire is used as a research tool to obtain this information. By analysing and comparing the data, I get interesting results that indicate a high consumption of beverages and caffeine-containing foods and show a lack of knowledge about caffeine. At the end of the practical part, I come up with a recommendation for a lesson in Health education, which should be devoted not only to caffeine, its sources and products containing caffeine, but also to its consumption by young people, the risk of addiction and prevention.

KEYWORDS

Caffeine, effects, health, history, students