

Abstract

The bachelor's thesis on "Healthy nutrition in school-age children" focuses on the eating habits of children at younger and older school age.

The **aim of the thesis** was to find out and map how children of younger and older school age eat and what their eating habits are.

In the **theoretical part** of the thesis, attention is paid to healthy nutrition and healthy lifestyles, and emphasis is placed on the eating habits of children of different ages, with a division into younger school age and older school age.

In the **empirical part**, the objectives, working hypotheses, methodology and organization of the investigation are presented. The results of the actual investigation are presented, followed by comparisons with the results of other studies.

The research **method** was a self-constructed questionnaire distributed to general practitioners for children and adolescents in the Central Bohemia Region and Prague. 81 questionnaires were included in the survey.

The results of the self-administered survey were very satisfactory. As an example, 74.07 % of the respondents stated that their children were used to eating breakfast. Another satisfactory result may be that 84 % of the respondents said that their children drink before going to school. The results of the actual survey which are not so satisfactory may be, for example, the fact that 50.62 % of the respondents said that their children, in the vast majority, drink sweetened drinks.

Conclusion: from my own research we can say that some of the children's eating habits are satisfactory others are less so and need to be addressed.