

## **Summary**

The aim of the bachelor thesis was to map the drinking regime of children at three elementary schools in Prague. The age of respondents was between 8 and 11 years of age. 163 children, 93 boys and 70 girls attending the 3rd year participated in the survey. In the theoretical part, there is a description of the issue of insufficient drinking and drinking regime of children with a focus on their influence on the school process. Results of the questionnaire survey and monitoring of the elementary schools with a focus on ensuring the drinking regime by the school are elaborated in the practical part. In the questionnaire, pupils responded to 16 questions about the amount of fluid intake they consume during early morning and morning school classes. If they experience subjective symptoms of dehydration such as headache, fatigue and lack of concentration. Research has shown that only 65 % of children drink the recommended amount of fluids during the morning classes. It was also discovered that the children prefer sweetened beverages by a large margin, but their real consumption is significantly lower.