

When studying the literature related to drinking regime , I found a series of lofty introductory sentences . They point out that life emerged from water , and that the human body is liquid consisting of approximately sixty percent. Already for these facts is obvious as sufficient fluid intake for the preservation of human life and health is important. Unfortunately, nowadays life goes faster and the large number of us do not have time to eat healthy and think adequate and regular payment of loss of fluids .

In the children's body contained more fluid than the percentage in the body adult Moreover, children are given the greater weight of the body surface and the fluid are so relatively more are lost by evaporation. Daily turnover in the adult human consists of 6 % in Newborn 15% of the total volume of fluid in the body. The feeling of thirst in children weaker than adults. These are all reasons why we the drinking regime had children increasingly observed. The choice of this topic for the subject of the thesis led me was his importance in relation to human health.