

Abstract

This diploma thesis deals with the theme of nutrition habits in students from the medical faculties. The theoretical part describes importance of nutrition and nutrients in human nourishment. There are also mentioned dietary guidelines and the most common mistakes in nutrition in this age group. There are also analyzed student life problems like stress, lack of sleep and physical activities and improper nutrition habits. Finally one part of the theoretical part describes the importance of nutrition classes in medical schools, which is often insufficiently included in the curriculum.

The aim of the practical part is to find out awareness of students from the medical faculties about basics of rational nutrition and their nutrition habits. The aim of this research is also to find out the frequency of consumption of some groups of food. The necessary data were obtained by a questionnaire survey, which then were recorded in graphs. The questionnaire was uploaded to several groups of medical student. The entire questionnaire was completed by 260 students. It was find out that students don't know the basics about nutrition. Therefore the curriculum should be improved. Two third of students are interested in composition of their diet. It was find out that the consumption of fruit, vegetables, cereals and dairy products is satisfactory. Consumption of meat was excessive, on the contrary, consumption of legumes and fish was insufficient. Sweets, coffee and caffeinated beverages are consumed daily by many students, while fast food and alcoholic beverages are consumed several times a month or occasionally. The BMI of students is mostly normal.

Key words: nutrition, medical students, healthy lifestyle, dietary habits