

## **Abstract**

Currently childhood obesity has reached epidemiological levels and can be considered one of the world's biggest problems.

The probability of an obese child becoming an obese adult is dangerously high. These children are also more likely to develop health risks. The mechanism of development of obesity is conditioned by a number of factors. These are most often genetic factors, whilst their environment also plays a large role. In this case the influence of the family and the preferred lifestyle, which plays a significant part in the development of obesity, may be a factor. Early treatment and detection is important to prevent future issues with weight and serious health risks. However in order for obesity to be treated, it must first be diagnosed, the so-called diagnosis of childhood obesity.

School meals in Czech Republic are considered to be one of the most advanced in Europe. It is not about providing a sufficiently strict diet, it also pays attention to variety, balance of dishes and dining culture. School meals must comply with the legislation, comply with financial limits and follow nutritional standards, respectively a consumer basket that sets out the required quantity of ten food commodities per pupil a day and these have to be adhered to within one month. The environment of prevention programs that deal with healthy eating in schools can be implemented to some extent to support the prevention of obesity and healthy eating of children.

The basis of this bachelor's thesis was built on an anonymous questionnaire survey, which was attended by randomly selected children and pupils of the second grade of two Prague primary schools. The questionnaire survey found out which lifestyle children and their families prefer. Also what are the children's views on school meals and what are their eating habits in schools. The main goal was to compare the results of overweight children with children who are not overweight. Valorize whether the preferred lifestyle of children and families differs. At the same time, compare the views and possible differences in children's eating habits in schools. The aim was to further evaluate school meals and determine whether the family and school meals can contribute to the development or deepening of overweight and obesity in children.

The results showed a connection between the family and its lifestyle and the presence of increased weight in children in such families. In the case of school meals no significant differences were recorded. It has also not been shown that school meals contribute to the development or deepening of obesity and overweight in children. In many respects school meals fulfill a number of positive functions.

**Keywords:** childhood obesity, eating habits of children, family, lifestyle, school meals, consumer's basket, education programs