

## **ABSTRACT**

Adolescence is a period of transition from childhood to adulthood and is full of tumultuous changes. One of the developmental tasks of adulthood is to become independent and take responsibility for oneself, for one's own behavior and decisions, even in relation to nutrition. Nutrition is one of the major determinants of health. This work deals with adolescent nutrition and the need for sufficient nutritional literacy.

The bachelor thesis is divided into two parts. In the first, theoretical, part I discuss the terms health and nutritional literacy, the characteristics of adolescence, both in general and in relation to nutrition. I also mention what factors affect the eating habits of adolescents, I focus in more detail on social media and social networks.

In the practical part, the aim was to find out what knowledge adolescents have about nutrition and healthy eating, how they use this knowledge for their diet, how and where adolescents obtain information on nutrition and what influence social networks have on their diet. Quantitative data collection methods were used for the research, namely an anonymous questionnaire in electronic form. 80 questionnaires were obtained from adolescents aged 15-21 years.

The survey showed that adolescents have sufficient knowledge in the field of nutrition, but do not make sufficient use of it in their own diet and their diet no longer respects the principles of a healthy diet. It was also found that more than half of the respondents to the questionnaire survey are not actively interested in nutrition on their own. And the influence of family, peers and social networks on the diet of adolescents has also been demonstrated. These findings offer opportunities for further research.

**keywords:** adolescence, nutritional literacy, healthy diet, social networks