

ABSTRACT

This bachelor thesis deals with the issue of nutrition of children from birth to 3 years. The theoretical part is dedicated to general characteristics and official recommendations in the field of infant and toddler nutrition, in particular the introduction of complementary foods and the eating behaviour that the child adopts at this age and carries over into adulthood. In view of the growing trend towards alternative diets of young children, part of this thesis has also focused on this issue, as the possible withdrawal of certain nutrients can have fatal consequences for the developing organism.

The practical part focused on mapping these trends. The research was carried out quantitatively by means of a questionnaire survey, which was mainly directed at the child's general approach to nutrition and eating habits. The questionnaire was disseminated through Facebook groups that bring together parents of young children.

The aim is to determine the current perception of nutrition of parents of young children, whether they follow official recommendations in terms of introducing complementary foods and what are the current nutritional habits of young children.