

ABSTRACT

This bachelor thesis focuses on eating behaviour of adolescents and differences between genders. With concern to examine this behaviour a survey was conducted with respondents of defined age. Questions were put together from two different official questionnaires. First was The Adolescent Food Habit Checklist which is used to evaluate adolescents' eating habits and the second one was Stunkard's Three-Factor Eating Questionnaire which is used regularly in psychiatric practise. This form covers three areas: restriction, disinhibition and hunger. Results didn't show that girls have healthier eating habits than boys nor higher tendency for restriction or disinhibition in case of eating behaviour. Study shown that boys in general tend to feel more hungry. To support or disprove these results more research is needed.

keywords: eating behaviours, eating disorders, adolescents, restriction, disinhibition, hunger, body image, obesity