

ABSTRACT

This bachelor's thesis focuses on the relationship between adolescent individuals and nutrition and diet.

The theoretical part of the thesis is devoted to the characteristics of the adolescent period, the principles of optimal nutrition in adolescence, diseases that can result from improper diet or lack of knowledge in the field of nutrition, I identify common myths that can influence the food choices and eating behaviour of young people and discuss the principles of nutrition education.

The practical part involves a survey of adolescents through a questionnaire survey, in order to gain deeper insight into adolescents' attitudes and behaviours regarding nutrition. I personally distributed the questionnaires in primary school in grades 7, 8 and 9 and in high school in grades 1, 2 and 3. Both schools are located in Kutná Hora. Students of both genders were interviewed. In the primary school I collected a total of 60 questionnaires, 30 from girls and 30 from boys. At the high school I also collected a total of 60 questionnaires, 30 from girls and 30 from boys. Thus, a total of 120 completed questionnaires. The questionnaire consisted of 25 questions. Seven questions were open-ended and the rest were closed-ended, with the test subjects choosing from the options. I analyzed the results using Microsoft office.

The primary aim of my research is not only to diagnose the current level of nutritional knowledge, but also to find out what is the interest of adolescents in nutrition and diet. The secondary aim is to explore how the target group relates to some of the basic myths about nutrition and food. I would also like to find out what is the most used source of information regarding nutrition.

The research shows that the target group's interest and awareness about nutrition is at a good level. The level of nutritional literacy at the high school is slightly better than what it is at the primary school. The gender difference can be observed at the grammar school where the level of nutritional literacy was higher for girls than boys. Regarding the position on nutrition and food myths, the vast majority neither agreed with nor adhered to the myths. Social networking sites were prevalent as the main source of information regarding nutrition for almost all.

This bachelor's thesis also provides an educational handout that focuses on basic information and tips. This educational material responds to the high interest in obtaining more information regarding nutrition in the school setting, which is lacking in the surveyed schools.

The purpose of the educational material is to provide nutrition education to this specific and challenging age group, with the goal of promoting long-term healthy lifestyle habits.

keywords: Adolescence, nutrition, nutritional literacy, basic nutrients, myths about nutrition, eating habits, nutrition education