

Motivation: Well known fact is, that it is possible to prevent most of diseases with balanced diet and it is also known that many diseases have their pathological basis in the childhood. The evaluation of food consumption of schoolage children was the aim of this study.

Hypothesis: I supposed the diet with excess of energy and insufficient in vegetables and fruit.

Approach: The data were collected by 24-hours recall and analyzed by specialized program.

Results: A general distribution of basic nutrients is consistent with the nutritional recommendations. However children have insufficient supply of mineral substances and vitamins except vitamins C and B12 and vitamin K among boys. In addition there was an unnecessary high share of sweet food and lack of fruit, vegetables, milk and dairy products in the diet.

Conclusions: It is necessary to motivate children and parents to think about their health and about steps they can take for themselves and for the others. It is essential to arrange for preventive programs the whole population can benefit from.