

# THE LIFE STYLE OF TODAY'S ADOLESCENTS AND THEIR EATING HABITS

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**Abstract:** *This thesis provides a perspective on the health of a target age group whose approach to health values is being formed and is stabilizing. It is an important lifestyle factor and a factor in establishing one's self within the ranks of society. This paper provides information about the nutritional needs of a balanced quality diet and presents the results of a sub-research study whose aim was to analyze the position of adolescents towards factors affecting their health.*

**Key words:** *health, lifestyle, adolescent, healthy nutrition, immunity, habits, attitudes, being active*

## Introduction

Healthy nutrition is an important constant for health maintenance at school facilities and is one of the basic requirements of the formal curriculum of educational institutions satisfying the „Health-Promoting School“ program (hereinafter referred to as HPS). This program has had considerable popularity in our schools, yielding many effective results that are strengthening the health of pupils and students. „The mission of HPS is to achieve a situation in which every child in the Czech Republic has the opportunity to receive an education at a school which encourages health in all its activities.“ The intention of those carrying out the program is to positively influence children's healthy nutrition and diet with a secondary impact in the area of physical, mental, spiritual and healthy well-being. One's well-being is thus formed into subjective qualitative levels, which concededly contribute both to an individual's instant and prospective (future) healthy state as well as of „society's“. Quality (healthy) nutrition inherently contributes to the support of one's immunity and the entire body. We can positively strengthen and even protect our health by affecting all of a person's personality components. Our health is reflected in our lifestyle and it needs to be structured and reinforced by acquiring specific attitudes toward life.

There is no doubt that the most crucial period for what is being discussed is the age at which a child forms their eating habits, as well as when they later apply those habits. That means in the period of most significant proportional change in the organism, as well as possible changes in rational nutrition. A balance of rational nutrition is assumed

to be in terms of quality of food as well as their quantitative energy values. The easiest way to create such a balance is through children's spontaneous and straightforward experience. This means that children see examples of healthy behavior as well as learn through their own experience of living in health-friendly environment.

It is parents (together with the school) who especially play an important role in affecting their children in this respect. To be more precise, it is parents as (the most important) guarantors who have an enormous interest in making sure their children's development is both trouble-free and healthy, as well as the school, which should meet some limiting regulations, decisions and standards closely linked with the issue of school hygiene and the health of children.

Where adolescents are concerned, however, neither legal standards and tools nor parents' influence on their children's eating habits, hygiene habits and lifestyle have a broad effect with respect to the natural developmental element of becoming independent. And the generational group of adolescents will be our primary interest in this empirical study. How are individual lifestyles, attitudes towards living a healthy life and healthy values of life spread? „A proper dining and hygienic environment leads to cultural and hygienic habits. It establishes and forms proper eating habits that promote health and break down prejudices“.

Nowadays, schools, without exception, offer an ideal environment for combining organized and targeted education with a professionalized active and strategic attitude towards health aimed at guiding individuals toward being responsible for their health. „The philosophy of health promotion is based on the scientific knowledge that the health of each individual (whether or not we are aware of it) is the result of the mutual interaction of all aspects of one's being and their relationship with the world around them. It is not possible to preserve one's own health nor the health of the world without being aware of the necessary internal and external harmony. The health of a human being is not just the absence of disease. It is the result of mutual interactions of the whole person, all of his systems and components at the biological, psychological, social, spiritual and environmental level.

According to J. Holčík, we should systematically motivate people to take care of their own health. In this respect, he also states that „to summarize, the elementary determiner of health is people themselves. This means individuals as well as groups, institutions and organizations formed of them. What they do for their own health primarily depends on them. In many cases, people demonstrably damage their health; mostly unnecessarily and at high costs (e.g. smoking, alcoholism, risky driving, dangerous sexual behavior, excessive and inappropriate diet). „

V. Smékal puts it very aptly when talking about health: „The principles of a healthy school are often viewed as merely a formal campaign that is limited to health care institutions, but far less as something that creates a climate of social well-being and reciprocity“.

This thesis deals with the lifestyle of high school students. In regards to the changes in our life style with its less demanding way of life, the current problem of our society lies not a shortage of food-stuffs, but rather in a surplus, which has resulted in obesity and other serious diseases. It is therefore necessary to deal with this issue more intensively. After all, the behavior of a population and its current lifestyle significantly affect the mass occurrence of some diseases within a stratified society.

## The Nutrients We Need

Carbohydrates are an important source of energy. The main representatives of monosaccharides are glucose (grape sugar) and fructose (fruit sugar). Oligosaccharides and polysaccharides are complex carbohydrates. Polysaccharides are the basic elements of fiber. Fiber is found in cereals, legumes, fruit and vegetables. It significantly affects the digestive processes within the organism and is important for the prevention of certain health problems (constipation, diverticulitis, cancer and others). There are studies that prove the relationship between the intake of fiber and serum lipid levels. Hyperlipidemia is less common in people whose diet is rich in fiber.

Proteins are necessary for the creation and regeneration of tissues, are a part of enzymes and hormones, ensure the transport of substances throughout the body, and are also a source of energy. Proteins are received in both animal and vegetable form. Animal proteins are Grade I proteins for human nutrition because they contain all of the essential amino acids. Among the main representatives of animal proteins are milk and dairy products, eggs and meat. On the other hand, vegetable proteins do not contain all of the essential amino acids, which is why they are not Grade I. Among these are proteins from cereals, legumes, fruit and vegetables. An insufficient intake of protein by adolescents can lead to disorders in mental and physical development and reduced immunity. Teenagers on weight reduction diets, vegans and individuals coming from families of poor socioeconomic status are all threatened by a lack of proteins. During a long starvation period, proteins are used as an emergency source of energy, which is disadvantageous for the organism. On the other hand, a surplus of protein causes kidney and liver diseases; excessive accumulation of metabolic products of protein may even threaten one's life.

The presence of fats in the diet is necessary for the proper progress of the metabolic processes. The composition of their fatty acids significantly affects the health of the one who consumes them. Saturated fatty acids are found predominantly in fats of animal origin, whereas among vegetable fats it is mainly to be found in coconut oil. Unsaturated fatty acids are either monoenoic (with one double bond) or polyenoic (with more double bonds). The body is not able to create polyenoic acids on its own. They are therefore essential and have to be taken in through food. Among the most important ones are linoleic acid (n-6) and alpha-linolenic acid (n-3). Linoleic acid is converted within the organism into arachidonic acid, while linolenic acid is converted into eicosapentaen acid (EPA) and dokosahexaen acid (DHA). Many substances of a number of various purposes are derived within the organism from these acids. Linoleic acid is contained in nuts, vegetable oils (sunflower, corn, poppy seed, sesame seed, etc.) and in most margarines. Alpha-linolenic acid is found in oils such as soy, rapeseed and linseed, as well as in some margarines. EPA and DHA acids are contained mainly in the fat of sea fish (e.g. salmon, mackerel, cod). A lack of lipids leads to a breakdown of certain physiological functions, for example Beta oxidation of fatty acids in the mitochondria of muscle cells and myocardium leads to a disruption in the creation of certain hormones and the intake of essential fatty acids and lipophilic vitamins is reduced. A low intake also leads one being underweight and problems related to this, such as an irregular menstrual cycle. An excess of lipids is stored in the body as supplies, which in the long run

leads to one becoming overweight or obese. An increased intake of lipids also leads to cardiovascular diseases and cancer.

## The Food Pyramid

Everyone has heard of the food pyramid. But not everyone knows as much about it as they think they do. The food pyramid is not a strictly given set of instructions on when to eat, how to prepare one's food, etc. It merely lets us know how to roughly create a diet and in what amounts we should consume the individual portions. In other words, what should constitute the basis of a diet and what we should avoid or eat in only small amounts. And that's where its charm can be seen. In its unenforceability. No one tells us that we have to eat each of the representatives from one food group (e.g. cereals) during one day, but that we can consume bread one day and on the next substitute oatmeal. Of course, we also need to use common sense, for example by not constantly filling ourselves up with bread.

The food pyramid is a graphical representation of nutritional recommendations that indicates the frequency with which one should consume the various food groups (expressed by a defined number of portions). It takes the form of a triangle showing a decline in the frequency of consumption, which starts at the base (cereals) and continues up the pyramid through fruits and vegetables, dairy products and meat, all the way up to processed foods whose intake we are recommended to reduce (fats, oils, sweeteners, salt).

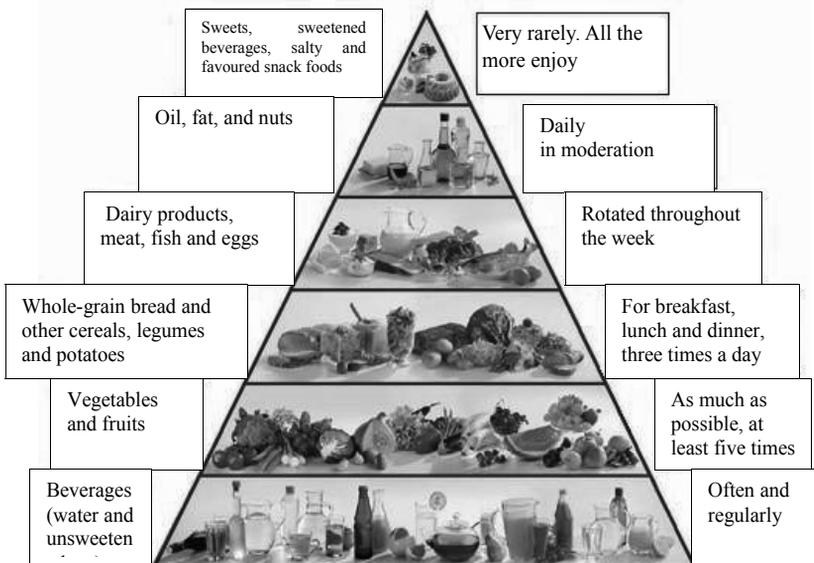


Figure 1: The pyramid of food that a person should eat daily as much as possible and also those one should rather avoid.

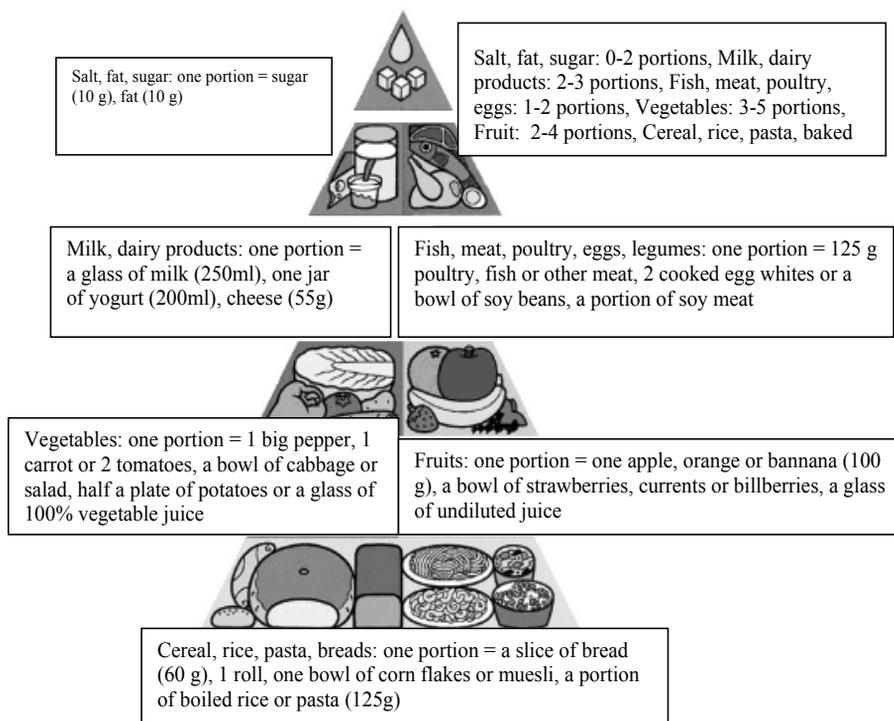


Figure 2: The pyramid clearly explains the composition, recommended quantity and ratio of the food types in a properly composed diet.

The food pyramid was created by experts as an aid in nutritional recommendations and consists of the 6 food groups. Each food group is accompanied by a written recommended number of servings that a person should eat in a day. The size of the servings is clearly defined.

In other words, the pyramid shows what should form the basis of a person's diet, as well as what we should avoid or eat in only in small amounts. The closer a food group is to the base of the pyramid, the more it should be a basic food that we ought to eat daily. As we get closer to the top of the pyramid, we gradually come upon foods we should not consume in large quantities (i.e. once a day or even once a week).

## Adolescent eating habits

The diet of adolescents is not that different than that of adults. If adolescents are provided with the principles of good nutrition while in early childhood, it is not difficult for them to maintain these principles. Many children and adults, unfortunately, are not guided by these requirements. In many cases their diet is one-sided, nutritionally poor, but energy-rich. Parents of adolescents find it difficult to make any fundamental changes in their diet. They eat at their own discretion or according to patterns learned from their surroundings.

A frequent problem of adolescents is that they do not eat breakfast nor have snacks between meals. Breakfast should be the first meal of the day, as it provides the body with necessary energy. A snack ensures that one has sufficient energy during the morning so that the body does not have to suffer until lunchtime or till the person gets home from school. Eating regularly also prevents people from becoming overweight or obese. If a teenager eats only twice a day, their body gets used to storing some extra energy, which causes an increase in body weight. Adolescents often eat in fast food restaurants. Food prepared in these restaurants often has unnecessarily high energy values, is too fatty, salty and unhealthy, which can lead to many health problems. (4)

The other extreme to excessive energy intake is insufficient energy intake in the form of anorexia and bulimia. Anorexia is a disease which is characterized by restricting food intake in order to reduce body weight. These tendencies are most often found in girls going through puberty or during their subsequent adolescent years. Bulimia nervosa manifests mainly as bouts of uncontrollable overeating and consequent vomiting. Girls suffering from this disease admit to fears of becoming fat and dissatisfaction with their bodies. We should take into account that this disease is not a problem only of girls, but of boys as well, and starts at a very young age (2).

A proper drinking regimen is also a problem among adolescents. Students usually choose sweet soft drinks, which contain large amounts of energy, sugar, artificial colors and other undesirable substances. The foundation of a proper drinking regimen should be natural bottled water and fruit tea. The consumption of alcohol and other addictive substances is typical at this age, which can cause disorders of the nervous system and endanger one's proper development and overall health (4).

Why drink at all? „On average, a person loses about 2.5 liters of water per day through their urine, stool, breathing and skin. However, the body must maintain its balance of water, and to make up for these losses it must take in water. About a third liter of „new“ water per day facilitates metabolic activity in the body, and we take in about 900 ml of water that is bound up in our food. This means we have to deliver the rest (about 1.5 liters) directly into our bodies in the form of liquids. Every day, throughout our lives. Over 70 years this represents 40 thousand liters of water (fluids). The quality of these fluids and their regular intake in proper amounts are an important precondition for maintaining a person's health, well-being and work performance. This article should help people who are interested in their own health or the health of those closest to them or employees in understanding how to manage a proper drinking regimen and how to look at ubiquitous advertisements for the „best“, „tastiest“, „healthiest“ or „most natural“ beverages and bottled water that we should (according to the advertisement) enjoy every single day in the greatest possible amounts.

A sufficient amount of fluids ensures a smooth metabolism and the proper functioning of the kidneys. In other words, the excretion of wastes from the body. In addition, it also enables the proper functioning of virtually all of the other organs, as well as one's physical and mental functions and, last but not least, it contributes to skin having a normal appearance. On the other hand, a lack of water in the organism (dehydration) leads to problems of an acute and chronic nature. Among the acute symptoms of mild dehydration are headache, fatigue and torpidity, a decline of physical and mental performance including decreased concentration. The loss of 2% of one's body weight in fluids

means a loss of up to 20% in performance. As for children, this results in a reduced ability to stay alert during lessons, which may negatively affect their school results. Only 5% dehydration puts a person in danger of overheating, circulation failure and shock. A mild but long-term lack of fluids, which we do not sometimes even realize due to the daily hustle, may later result in serious health disorders. In addition to repetitive headaches and constipation, this may also lead to failures of kidney function and the occurrence of kidney and urinary stones. Dehydration also increases the risk of urinary infection, appendix inflammation, certain types of cancer (e.g. rectal and bladder) and cardiovascular diseases. Furthermore, it is assumed that a number of other so-called diseases of civilization are the consequence of improper diet (including a lack of fluids). In other words, that some diseases of civilization are either first symptoms or a result of mild but permanent dehydration.“(13)

## Research Objective

The objective of the empirical part of the seminar thesis is to obtain information about the lifestyles of high school students. In addition, the aim is also to define problem areas and suggest some possible solutions. The focus of the questionnaire will be to determine how often students consume fruits, vegetables, dairy products, meat, legumes and fish, how many times a day they eat, how much fluid they drink per day and how they evaluate their physical activity.

## Methodology

A questionnaire was used for collecting the data. High school students were the focus of this research. A total of 70 students were addressed; 35 boys and 35 girls. After the data was compiled, it was evaluated with the aid of charts. Each chart was then provided with commentary. The most important findings obtained by the questionnaire have been summarized in the conclusion.

Table 1: Characteristics of the population according to age

Age (in years)	Number of students
15	17
16	24
17	19
18	10
19	0

Table 2: Characteristics of the population according to the type of high school

High school	Number of students
Grammar School	19
Secondary pedagogical school	27
Vocational schools	24

## Hypotheses

**Hypothesis 1** – One quarter of respondents do some physical activity every day.

**Hypothesis 2** – An absolute majority of high school students have a normal body weight.

**Hypothesis 3** – Girls smoke less than boys.

## Evaluation of the questionnaire findings

Chart 1: Evaluation of Question 1 - How often do you consume vegetables?

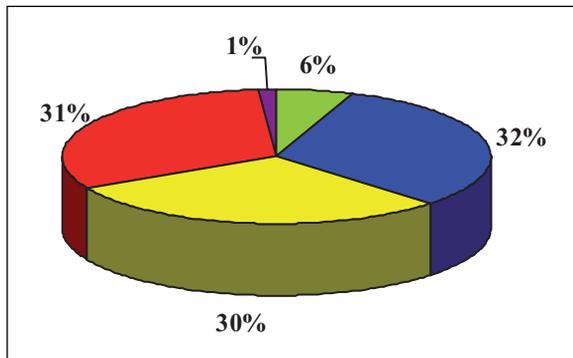
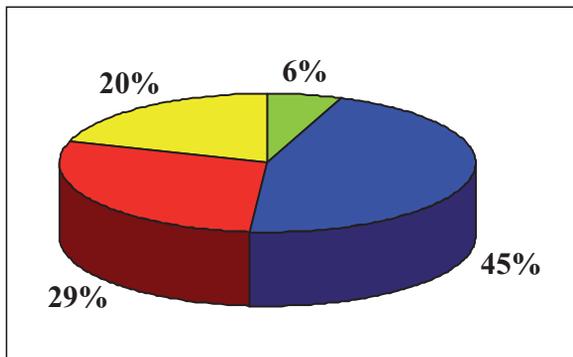


Chart 1 shows that most respondents (i.e. 32 %) answered 2 times a day (option 1). Thirty-one percent of the students indicated that they eat vegetables once a week (option 2), and 30 % of them 3 times a week (option 6). Only 6 % of the respondents chose option 3, which is that they take in vegetables 5 times a day. According to the food pyramid, we should eat 5 portions of vegetables (option 3) on a daily basis. Only 6 % of the surveyed students eat according to the recommended daily portions of the food pyramid, which, of course, is not a positive discovery.

Chart 2: Evaluation of Question 1 - How often do you consume fruits?



From Chart 2 it can be shown that almost half of the students (i.e. 45 %) said that they eat fruit twice a day (option 2). The second most common students' answer was option 6, which amounts to 3 times a week. Twenty percent of the respondents responded that they eat fruits once a week (option 2). Only 6 % of the students eat fruits 5 times a day (option 6). According to the food pyramid we should eat 4 portions of fruit every day (option 4).

**Chart 3: Evaluation of Question 1 - How often do you consume dairy products?**

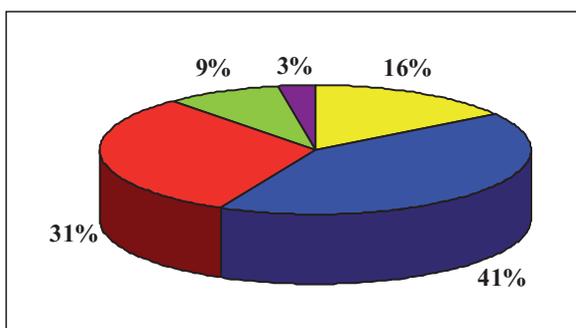
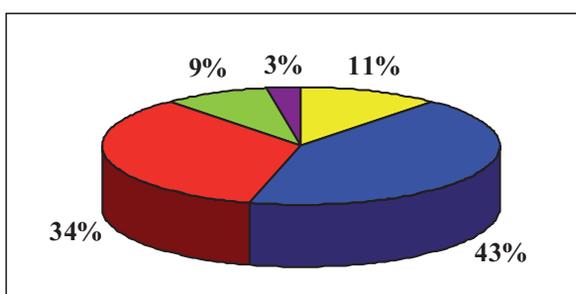


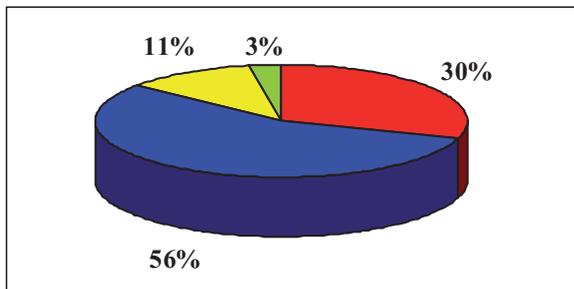
Chart 3 shows that most students (i.e. in 41 % of the cases) consume dairy products 2 times a day (option 1). Thirty-one percent of the respondents stated that they consume dairy products 3 times a week (option 6). Sixteen percent of the respondents eat dairy products 5 times a day (option 3). Only 9 % of the students chose option 2 – once a week. According to the food pyramid we should have 2-3 portions of dairy products on a daily basis.

**Chart No. 4: Evaluation of Question 1 - How often do you consume legumes?**



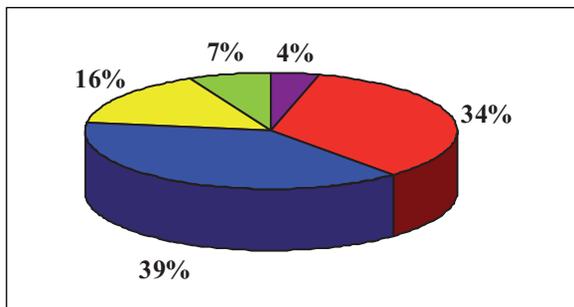
From Chart 4 it is apparent that students most often (i.e. in 43 % of cases) eat legumes once a week (option 2). Thirty-four percent of respondents identified twice a month (option 3). Eleven percent of respondents eat legumes three times a week (option 6). Legumes are eaten less than once a month among 9 %. It is recommended that legumes be consumed at least once a week. Fifty-four percent of interviewed students said that they meet recommended allowances, which I consider to be positive findings.

**Chart 5: Evaluation of Question 1 - How often do you consume meat?**



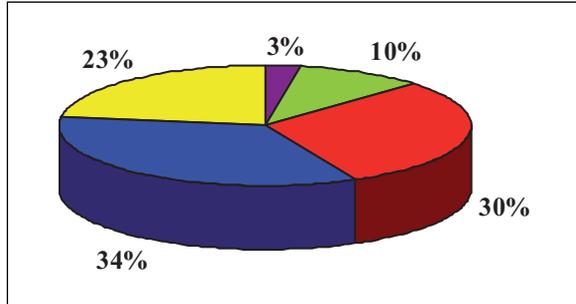
It can be shown from Chart 5 that an absolute majority (i.e. 56 % of students) consume meat three times a week (option 6). Thirty percent of respondents eat meat every day. Eleven percent of students stated that they consume meat once a week (option 2). Twice a month (option 3) was chosen by 3 % of respondents. We should take in meat daily. The recommended allowance of meat is met by 30 % of interviewed students, which, in our opinion, is not entirely satisfactory. But this result is not as alarming as, for example, the results from vegetable consumption.

**Chart 6: Evaluation of Question 1 - How often do you consume fish?**



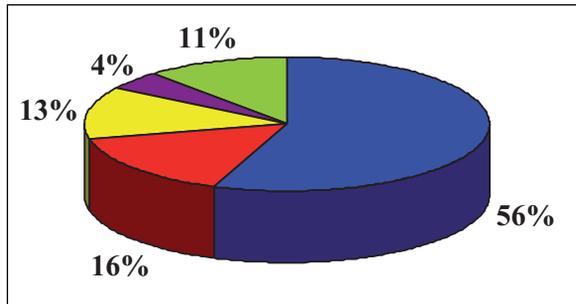
From Chart 6 it is clear that 39 % of respondents eat fish twice a month (option 3). Thirty-four percent of students take in fish once a week (option 2). Of the surveyed students, 16 % eat fish less than once a month and 7 % of respondents stated that they did not eat fish at all. The recommended amount is at least 1 serving of fish a week. Thirty-eight percent of surveyed students meet the recommended allowance, but even in this case we do not believe that this is a satisfactory percentage. But not even this result is as alarming as, for example, the results from vegetable consumption.

**Chart 7: Evaluation of Question 2 – How many times a day do you eat?**



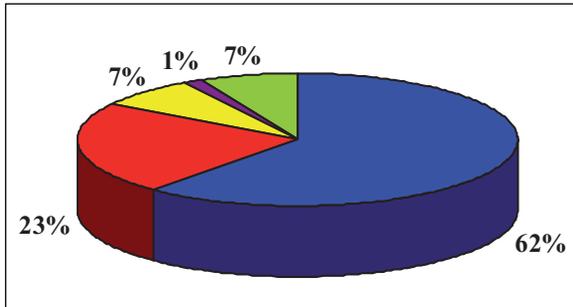
From Chart 7 it is clear that 34 % of surveyed students eat five times a day. Thirty percent of the respondents eat four times a day. More than 5 times a day was chosen by 23 % of respondents, while 3 % of surveyed students stated that they only eat three times a day. Thirty percent of respondents eat only twice a day. It is recommended that a person eat five times a day, while the results of the survey show that this is met by only 34 % of the respondents. In the context of today’s fast-paced period, this finding is not that surprising.

**Chart 8: Evaluation Question 3 – Please mark how often breakfast is part of your diet.**



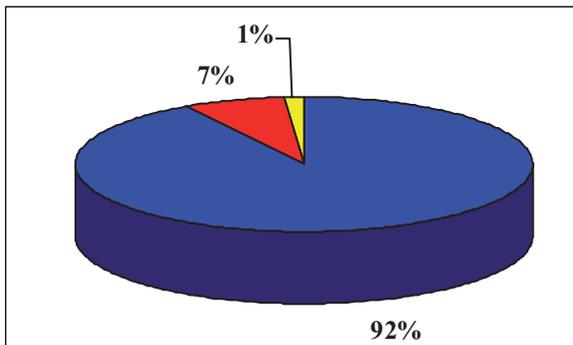
From Chart 8 it can be seen that most respondents (i.e. 56 %) have breakfast every day. Sixteen percent of surveyed students have breakfast 4 to 6 times a week, while 13 % of respondents said that they eat breakfast 2 to 3 times a week. Eleven percent of respondents do not eat breakfast at all and 4 % of respondents eat breakfast less than once a month. Breakfast should, however, be the first meal of the day. It has been found that people who have breakfast regularly and manage to split the day’s intake of food energy into five meals are better able to maintain their body weight. Breakfast is also important for memory, learning, and good physical condition.

**Chart 9: Evaluation of Question 3 – Please mark how often you add a morning snack to your diet.**



From Chart 9 it is clear that an absolute majority of surveyed students (i.e. 62 %) have a morning snack every day. Twenty-three percent of respondents indicated that they have a morning snack 6 times a week (option 4). Seven percent of surveyed students have a morning snack 3 times a week (option 2), and the same percentage does not have a morning snack at all. One percent of respondents have a morning snack less than once per month.

**Chart 10: Evaluation of Question 3 – Please mark how often you have lunch as part of your daily diet.**



From Chart 10 it is apparent that most of the surveyed students (i.e. 92 %) have lunch every day. Seven percent of respondents eat lunch 6 times per week (option 4), while 1 % of students answered 3 times per week (option 2). The inclusion of lunch to their diet by 92 % of respondents is favorable news.

**Chart 11: Evaluation of Question 3 – Please mark how often you add an afternoon snack to your diet.**

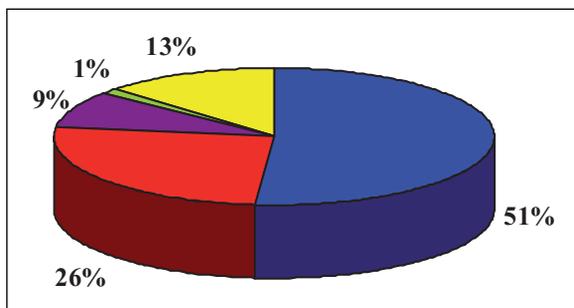
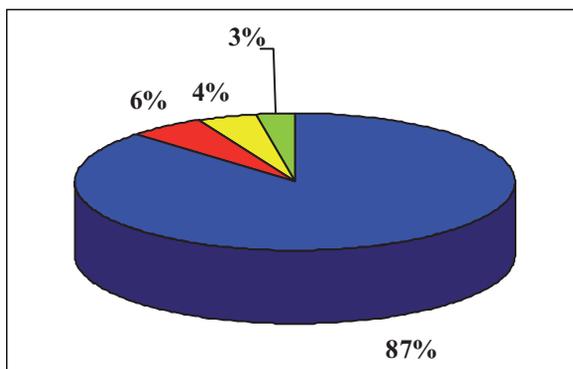


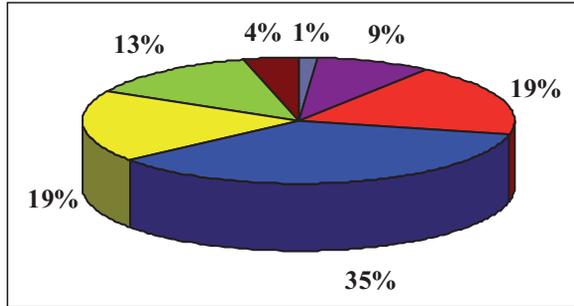
Chart 11 shows that an absolute majority of respondents has an afternoon snack each day. Twenty-six percent of students indicated 6 times a week (option 4). Thirteen percent of respondents do not have an afternoon snack at all, while 9 % of the surveyed students indicated that they have it 3 times a week (option 2). Having an afternoon snack less than once per month was indicated by 1 % of students.

**Chart 12: Evaluation of Question 3 – Please mark how often you have dinner as part of your daily diet.**



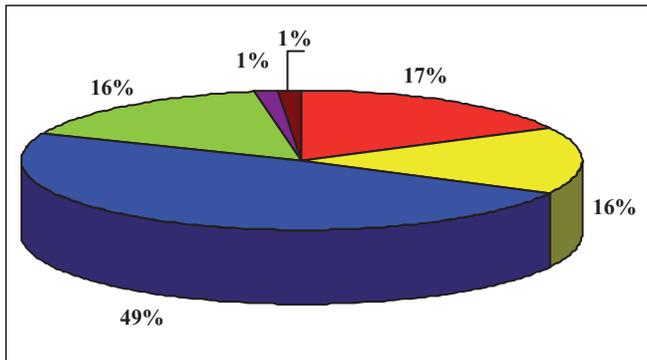
From Chart 12 it is apparent that an absolute majority, namely 87 % of the surveyed students have dinner daily. Six percent of respondents indicated that they have dinner 6 times per week (option 4) and 4 % of respondents said that they have dinner 3 times a week (option 2). That they have dinner less than once per month was indicated by 3 % of students. Dinner (just after lunch) was had by the most respondents, which is of course proper.

Chart 13: Evaluation of Question 4 – *How many liters of liquids do you drink daily?*



From Chart 13 it is clear that 35 % of the surveyed students drink between 1.5 to 2 liters per day. Nineteen percent of respondents indicated that they drank between 1 to 1.5 liters while another 19 % indicated 2 to 2.5 liters. Thirteen percent of surveyed students drink 2.5 to 3 liters per day. Four percent of respondents drink more than 3 liters per day and 1 % of respondents drink less than 0.5 liters of fluids per day. Most literature recommends a daily consumption of 1.5 to 2 liters. This amount is met by 35 % of surveyed students, which are not very positive findings.

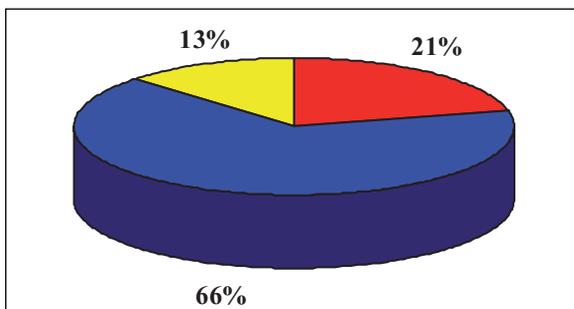
Chart 14: Evaluation of Question 5 – *How often do you do physical activity?*



From Chart 14 it is apparent that 49 % of students do some kind of sport 2-3 times a week. Seventeen percent of students answered every day. Sixteen percent of students do some kind of physical activity once a week and another 16 % 4 to 6 times a week. One percent of students reported that they do some kind of sport once a quarter of the year, and another 1 % answered once per half a year. Eighty-two percent of respondents devote time to physical activity at least 2 to 3 a week, which to me seems like a very good result.

**Hypothesis 1** – One quarter of respondents do physical activity every day. The proposed hypothesis has not been proven. Every day, 17 % of surveyed students do some physical activity.

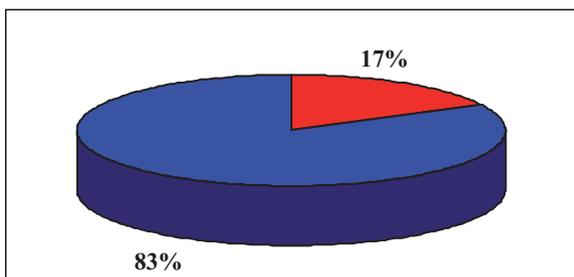
Chart 15: Evaluation of Questions 6, 7 – *How many kilograms do you weigh? How tall are you (in centimeters)?*



From Chart 14 it can be seen that 66 % of students have a normal body weight. Twenty-one percent are underweight and 13 % of students are overweight. We believe that a 21 % portion of overweight students is a very high number. The reason for people being underweight during adolescence is due to frequently skipped meals. Teenagers do not eat because they are too busy, they are trying to be very slim or because they sleep more and meals are left neglected. Being overweight during adolescence is associated with having meals in fast food restaurants. Food prepared in these restaurants often has unnecessarily high energy values, is too fatty, salty and overall unhealthy. Low physical activity, an irregular diet, and other factors contribute to becoming overweight.

**Hypothesis 2** – An absolute majority of high school students has a normal body weight. The proposed hypothesis was confirmed. Sixty-six percent of students have a normal body weight.

Chart 16: Evaluation of Question 10 – *Are you a smoker?*



From Chart 15 it can be shown that the vast majority of students (namely 83 %) are non-smokers. The opposite answer was provided by 17 % of the respondents. Seventeen percent of smokers appears to be a small percentage to us. The reason for this low percentage could be false denials.

**Hypothesis 3** – Girls smoke less than boys. Of the seventy surveyed students, only

twelve reported that they smoke. Based on gender, there were seven girls and five boys that smoke. The proposed hypothesis has therefore not been proven.

## Conclusion

In this seminar thesis we studied the lifestyles of students from three high schools. On the basis of the evaluation of the investigation questionnaire it can be said that students consume a minimal amount of vegetables, eat irregularly and also do not drink the recommended amount of fluids. The findings can certainly be considered unfavorable. On a positive note, the findings indicate that the majority of the surveyed students devoted a sufficient amount of time to physical activity.

We proposed three hypotheses. Hypothesis 2 was confirmed, that is that an absolute majority of high school students are of normal body weight. Hypothesis 1 and 3 could not be proven, i.e. a quarter of the surveyed students do not do any physical activity every day, and that girls do not smoke less than boys.

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## ŽIVOTNÍ STYL DNEŠNÍCH ADOLESCENTŮ A JEJICH STRAVOVACÍ NÁVYKY

**Abstrat:** Pohled na zdraví cílené věkové skupiny, jejíž pojetí hodnot zdraví se utváří a nabývá stabilizačních forem a perspektiv. Je to významný faktor životního stylu

a etablování se do kategorizující se společnosti. Příspěvek informuje o nutričních potřebách vyvážené kvalitní stravy a prezentuje výsledky dílčího výzkumu, jehož cílem bylo analyzovat postoje dospívající mládeže k faktorům ovlivňujícím jejich vlastní zdraví. Stravovací návyky, hygienické návyky, problematika životního stylu nemají již tak široce plošné uplatňování vzhledem k osamostatňování se této generační skupiny. Naším primárním zájmem v empirické studii bude zjistit: Jak se expandovaly životní individuální styly, postoje ke zdravému žití života a zdravým životním hodnotám?

**Klíčová slova:** zdraví, životní styl, adolescent, zdravá výživa, odolnost, návyky, postoje, aktivita