

**VISOKA ZDRAVSTVENA ŠOLA V CELJU**

**PREHRANJEVALNE NAVADE OSNOVNOŠOLCEV IN NJIHOVA  
SEZNANJENOST S POMENOM ZDRAVE PREHRANE**

**EATING HABITS OF PRIMARY SCHOOL PUPILS AND  
THEIR AWARENES OF THE MEANING HEALTHY  
NUTRITION**

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## IZVLEČEK

**Uvod:** V sodobni družbi je velik poudarek na zdravem prehranjevanju, zato je izrednega pomena, da osnovnošolci razvijejo ustrezne prehranjevalne navade in da so seznanjeni s pomenom zdravega prehranjevanja.

**Namen:** Namen diplomskega dela je predstaviti prehranjevalne navade osnovnošolcev in njihovo seznanjenost s pomenom zdrave prehrane.

**Metode dela:** Uporabljena je bila kvantitativna metoda raziskovanja, metoda deskripcije. Pridobivanje podatkov je potekalo s tehniko anketiranja. Kot instrument smo uporabili anketni vprašalnik, ki smo ga razvili na podlagi pregleda literature. Vprašalnik je bil sestavljen iz 18 vprašanj kombiniranega tipa. Uporabili smo neslučajni, priložnostni vzorec. V vzorec smo vključili 93 učencev, in sicer 48 v 5. in 45 učencev v 8. razredih 1. osnovne šole v Rogaški Slatini. Vrnjenih je bilo 89 vprašalnikov, kar pomeni, da je bila realizacija vzorca 96 %. Podatke smo obdelali z računalniškim programom Microsoft Excel.

**Rezultati:** Osnovnošolci v starosti 10 let imajo v 46 % ITM  $\geq 20$ , kar pomeni prekomerno hranjenost oz. debelost. Vsi osnovnošolci, stari 14 let imajo ITM nad 23, to pomeni, da so vsi prekomerno hranjeni oz. debeli. 4–5 obrokov dnevno ima 20 deklet (51 %) in 31 fantov (62 %), od tega 31 v 5. razredu (68 %) in 17 osnovnošolcev v 8. razredu (45 %). Vsak dan zajtrkuje 15 deklet (38 %) in 20 fantov (40 %), od tega 19 učencev 5. razreda (40 %) in 16 učencev 8. razreda (38 %). Sadje in zelenjavo uživajo v večini vsaj enkrat dnevno, večinoma pijejo vodo ali sok, in sicer 1–2 litra dnevno. 30 deklet (77 %) in 31 fantov (62 %), od tega 31 učencev 5. razreda (66 %) in 30 učencev 8. razreda (71 %) izmed mesa najraje sega po perutnini, pri izbiri kruha pa prevladuje bel kruh, in sicer tako navaja 19 deklet (48 %) in 33 fantov (66 %), od tega 28 v 5. razredu (59 %) in 24 v 8. razredu (57 %). Enkratna teden uživa ribe ali morsko hrano 10 deklet (25 %) in 11 fantov (22 %), od tega 9 učencev 5. razreda (18 %) in 12 učencev 8. razreda (28 %). Enkrat mesečno uživa ribe ali morsko hrano 12 deklet (30 %) in 16 fantov (32 %), od tega 14 učencev 5. razreda (29 %) in 14 učencev 8. razreda (33 %).

**Razprava in sklep:** Odločitev o zdravem načinu prehranjevanja otroka je sprva predvsem odločitev staršev, z leti pa postaja individualna. Prehranjevalne navade osnovnošolcev v sodobni družbi so precej slabe, kar se kaže med drugim tudi v tem, da se zvišuje odstotek osnovnošolcev, ki imajo previsoko telesno težo oz. so predebeli. Čeprav so dobro seznanjeni s pomenom zdravega prehranjevanja in vpliva na zdravje, imajo premajhno motivacijo, da bi preoblikovali prehranjevalne navade, čeprav se zavedajo, da so slabe. Kljub promociji zdravstvene vzgoje na področju prehrane, je vloga medicinske sestre pri ozaveščanju otrok in mladostnikov o pomenu zdrave prehrane in vplivu na zdravje premajhna.

**Ključne besede:** zdrava prehrana, prehranjevalne navade, osnovnošolci, smernice zdrave prehrane osnovnošolcev, promocija zdrave prehrane, zdravstvena vzgoja.

## ABSTRACT

**Introduction:** In modern society there is a big emphasis on healthy diet; therefore it is very important that pupils in primary school develop suitable eating habits and that they are acquainted with the meaning of healthy diet.

**Purpose:** The purpose of this diploma is to present eating habits of pupils in primary schools and their acquaintance with the meaning of healthy diet.

**Work methods:** We used the quantitative research method, description method. Gaining data took place with the survey technique. We used survey questionnaire as an instrument; it was developed on the basis of literature check. The questionnaire consisted of 18 questions of combination type. We used non-accidental, chance pattern. We included 93 pupils in the pattern; 48 pupils from the fifth grade and 45 pupils from the eighth grade at 1<sup>st</sup> Primary school in Rogaška Slatina. 89 questionnaires were returned, which means that the realization of the pattern was 96%. We processed the data with computer program Microsoft Excel.

**Results:** 10-year old pupils in primary school have in 46%  $ITM \geq 20$ , which means they are over over-fed or overweight. All 14-year-old pupils have  $ITM$  over 23 which means they are over over-fed or overweight. 20 (51%) girls and 31 (62%) boys have 4-5 meals a day; 31 (68%) of these pupils are in the fifth grade and 17 (45) are in the eighth grade. 15 (38%) girls and 20 (40%) eat breakfast every day; 19 of these pupils are in the fifth grade and 16 (38%) pupils are in the eighth grade. Most of the pupils eat fruit and vegetables at least once a day. They mostly drink water or juice, 1 or 2 liters a day. 30 (70%) girls and 31 (66%) 31 boys, 31 (66%) of them are in the fifth grade and 30 (71%) in the eighth grade, prefer chicken among meat products. The favorite type of bread is mostly white bread, it was the choice of 19 (48%) girls and 33 (66%) boys, 28 (59%) of them are in the fifth grade and 24 (57%) in the eighth grade. 10 (25%) of girls and 11 (22%) boys eat fish or sea food once a week; 9 (18%) of them are in the fifth and 12 (28%) in the eighth grade. 12 (30%) girls and 16 (32%) boys eat fish or sea food once a month; 14 (29%) of them are in the fifth grade and 14 (33%) in the eighth grade.

**Discussion and conclusion:** making decisions about the healthy eating diet is basically primarily a parent decision, which becomes individually through time. Eating habits of primary school pupils are quite poor in the modern society. Among others, it is shown in the growing percentage of primary school pupils who are overweight or fat. Although they are well acquainted with the meaning of a healthy diet and its influence on health, their motivation is to little to reshape their eating habits, although they are aware that their habits are bad. Despite the promotion of health education in the field of nutrition the influence of medical nurses is to small when it comes to educating children and youngsters about the meaning of healthy diet and its influence on their health.

**Key words:** healthy diet, eating habits, primary school pupils, guidelines for healthy diet of primary school pupils, promotion of healthy diet, health education.