

What and How Much Our Children Drink

Abstract

In the article, considering analysis of scientific and technical domestic and foreign literature, we make an analysis of one segment of healthy lifestyle among primary school children – drinking adequate amounts of liquids. In the beginning we present the importance of sufficient drinking, especially water, and efforts of the Slovenian Government to facilitate enough and healthy drink for Slovenian schoolchildren; the article presents results of research conducted on a sample of 288 primary school children in all three primary school triennia (all school students were involved). We have established that most children do not drink enough (especially in the school time), that during the day they drink »healthy« drink (juice and water), but on special occasions and in restaurants they usually choose fizzy drinks or juice.

Key words: health, drinking, primary school students.

Introduction

The highest value in human life is definitely health. To be healthy means to be creative, successful, popular and desired. (Planet of Health, b.d.; Ferriss, 2010; Lovell, C, 2011). The World Health Organization (WHO) wrote (Hajdinjak, 1993) that the term health means the state of a good physical, mental and social activity. Health is not a goal, but it is a source of life. Only a healthy individual can be emotionally balanced, positively oriented and environmentally sensitive. Holford (2000, p. 15) also writes about health as “firm energy, clearness of mind, resistance against stress and infections, emotional balance, healthy hair, skin and nails, good physical condition and stamina, youthfulness and absence of illness.” Good health