

and attentive society, so ideal predispositions have to be assured for healthy nutrition and physical activities. Drinking is indubitably connected with both categories. The results of this empirical research, although it was conducted on a non-accidental pattern, which represents the simple accidental pattern at the level of inferential statistics from the hypothetical population, are similar to other research that has been carried out in different environments (e.g.: Hoffman et al. 2009; Jones et al., 2010).

The findings of the empirical research are the following:

- children (especially younger children and girls) do not drink enough and therefore also do not replenish lost or used body fluids;
- most of the children's favourite drinks can be placed among "healthy drinks";
- children drink more fizzy drinks, but it is worrying that they reach for alcohol and energy drinks even at this age;
- most children are aware that water is the healthiest drink and most of them drink it when thirsty;
- younger children (students of the first triennium and girls) more often reach for healthier drinks – we assume that the reason are parents and their control over them and they more often influence their selection; girls, on the other hand, drink water because it is the only non-caloric drink;
- almost 60% of the students thought what to do to drink larger amounts of drinks – we assume that the high percentage is the indicator that students are aware of the problem and it is satisfactory that they are seeking its solution.

We assume that the primary school, whose students have been interviewed, will use the results of this empirical research and also, with the help of their students and parents (van der Horst et al., 2007), will reduce or get rid of the drink problems of their students.

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