

This thesis investigates the nutrition of 6 to 11 year old children in Germany. The main objective is the detailed description of the current dietary situation and nutritional quality among girls and boys. In addition to this, it is investigated to what extent differences in food and nutrient intake exist among children with low, middle and high socioeconomic status. For this reason, data from the EsKiMo-Study, an additional module of the German Health Interview and Examination Survey for Children and Adolescents (KiGGS) conducted in the year 2006, were examined. The results of descriptive statistics and multiple linear regression analyses are presented. The dependent variables are food groups, energy and nutrient intakes, energy and nutrient densities, conformity with food and nutrient related reference values (inclusive nutritional quality indexes) and dietary behaviour with regard to the whole day and to the breakfast as a specific meal. The results indicate, that dietary social inequality exists and that especially children with low socioeconomic status are a high-risk group for an unbalanced diet. In the long term, the detected dietary differences have the potential to contribute to the social inequality in the health of the population.