

Table 2 Nutritional knowledge and behaviours of the study participants

Knowledge and behaviour	Total (n = 300)	Males	Females
	No. (%)	No. (%)	No. (%)
<i>Knowledge level</i>			
Low	257 (86)	134 (52)	123 (48)
Moderate	43 (14)	9 (21)	34 (79)
High	0 (0%)	0 (0)	0 (0)
<i>Nutritional behaviour</i>			
Relatively unhealthy	14 (5)	9 (64)	5 (36)
Relatively healthy	183 (61)	99 (54)	84 (46)
Healthy	103 (34)	35 (34)	68 (66)