

Table 1 Dietary knowledge, perception and behaviour in adolescents according to sex

Knowledge, perception or behaviour variable	Males (n = 61)			Females (n = 102)			All (n = 163)	P <sup>a</sup>
	n <sup>R</sup>	No.	%	n <sup>R</sup>	No.	%	%	
Should pay attention to what one eats from early childhood	58	40	69.0	102	76	74.5	72.5	NS
Perception of own diet	58			101				
Well-balanced		23	39.7		21	20.8	27.7	
Not well-balanced		23	39.7		61	60.4	52.8	
Don't know		12	20.7		19	18.8	19.5	< 0.05
Influenced by health education	59			101				
Yes		25	42.4		58	57.4	51.9	
No		20	33.9		21	20.8	25.6	
Don't know		14	23.7		22	21.8	22.5	NS
Prefer street foods	59			101				
Yes		18	30.5		44	43.6	38.8	
No		30	50.8		43	42.6	45.6	
Don't know		11	18.6		14	13.9	15.6	NS
Watch television while eating	59	47	79.7	99	73	73.7	75.9	NS
Frequency of meals								
Breakfast daily	59	44	74.6	102	52	51.0	59.6	< 0.01
Morning snack ≥ 2 days/week	58	25	43.1	100	47	47.0	45.6	NS
Lunch daily	59	55	93.2	99	89	89.9	91.1	NS
Afternoon snack	59	39	66.1	101	56	55.4	59.4	NS
Dinner daily	59	49	83.1	99	59	59.6	68.4	< 0.01
Snacking after dinner	58	33	56.9	101	33	32.7	41.5	< 0.01
		Mean (SD) score			Mean (SD) score		Mean (SD) score	
Healthy diet		73.6 (23.4)			68.7 (20.7)		70.6 (21.8)	NS
Well-balanced diet		71.6 (24.8)			79.6 (16.7)		76.6 (20.4)	< 0.05
Nutrition risk factor (CVD, diabetes, obesity) <sup>b</sup>		69.7 (32.3)			75.9 (25.9)		73.7 (28.3)	NS

<sup>a</sup>P for differences between males and females; <sup>b</sup>Data missing for 6 males and 1 female.

n<sup>R</sup> = number of respondents for each variable.

NS = not significant; SD = standard deviation; CVD = cardiovascular disease.