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| **Table 1: Demographic data of learners at a private Christian school** |
|  |  |  |
| **Grade** | **Number of learners** | **% of learners** |
| 8 | 31 | 26.5 |
| 9 | 31 | 26.5 |
| 10 | 12 | 10.3 |
| 11 | 19 | 16.2 |
| 12 | 24 | 20.5 |
| TOTAL | 117 | 100 |
|  |  |  |
| **Gender** | **Number of learners** | **% of learners** |
| Male | 51 | 43.6 |
| Female | 66 | 56.4 |
| TOTAL | 117 | 100 |
|  |  |  |
| **Race** | **Number of learners** | **% of learners** |
| White  | 79 | 67.5 |
| Black | 10 | 8.5 |
| Coloured | 21 | 17.9 |
| Indian and Asian | 7 | 0.9 |
| TOTAL | 117 | 100 |
|  |  |  |
| **Living arrangements** | **Number of learners** | **% of learners** |
| Both parents | 79 | 67.5 |
| One of the parents | 34 | 29.1 |
| None of the parents | 4 | 3.4 |
| TOTAL | 117 | 100 |

Figure 1: Eating habits of learners (n = 117)