```java
import java.io.*;
import java.lang.*;
import java.util.*;

class BMI {

   public float returnWeight(String str){
      // return the weight part of the string
str...

      String[] a=str.split("@");
      String[] b=a[0].split("-");

      String weight1=b[0]+"."+b[1];
      float weight=Float.parseFloat(weight1);

      return weight;
   }
   public float returnHeight(String str){
      // return the height part of the string
str...
      String[] a=str.split("@");
      String[] b=a[1].split("-");

      String height1=b[0]+"."+b[1];
      float height=Float.parseFloat(height1);

      return height;
   }
   public float calculateBMI(float height,float
weight){
      // Calculate and return the bmi
according to the description given...
      float bmi=0.0f;

      try{
         if(height==0 || weight==0){
            throw new Exception();
         }
         else{
            bmi=weight/(height*height);
            return bmi;
         }
      }catch(Exception e){
         bmi=-1;
         return bmi;
      }
   }
   public String checkStatus(float bmi){
      // return "nourished" or "malnourished"
according to the codition mention in the
description...
      if(bmi>=20 && bmi<=24)
         return "nourished";
      else
         return "malnourished";
   }
}

class Source{
   public static void main(String[] args){
      //Do not Write anything here...
      //Main will be taken care...
   }
}
```