

Overview of Item Responses

Food Literacy	T0	T1	T2	T3
SFLQ_01	3.2 (0.7)	3.5 (0.5)	3.6 (0.5)	3.5 (0.6)
SFLQ_02_average	3.7 (0.8)	3.4 (0.5)	3.9 (0.8)	3.9 (0.8)
SFLQ_02a	3.8 (1.4)	3.4 (0.9)	4.2 (1.0)	4.2 (0.9)
SFLQ_02b	3.3 (1.1)	3.8 (0.9)	3.6 (1.0)	3.7 (1.1)
SFLQ_02c	3.7 (1.5)	3.9 (1.1)	3.8 (1.3)	3.8 (1.3)
SFLQ_02d	4.1 (1.2)	2.9 (1.1)	4.1 (1.2)	4.0 (1.3)
SFLQ_02e	3.8 (1.1)	3.0 (1.1)	4.0 (1.1)	3.9 (1.1)
SFLQ_03	2.7 (1.5)	3.7 (1.2)	3.8 (1.0)	3.8 (1.1)
SFLQ_04	2.4 (0.9)	3.0 (0.7)	3.1 (0.7)	3.1 (0.7)
SFLQ_05	2.2 (0.8)	2.8 (0.8)	2.9 (0.8)	2.9 (0.7)
SFLQ_06_average	2.3 (0.8)	2.8 (0.5)	2.8 (0.7)	2.6 (0.7)
SFLQ_06a	2.4 (0.9)	3.0 (0.8)	3.0 (0.8)	2.8 (0.8)
SFLQ_06b	2.3 (1.0)	2.6 (0.8)	2.6 (0.8)	2.5 (0.9)
SFLQ_07	2.3 (1.3)	2.8 (0.8)	2.9 (1.2)	2.8 (1.2)
SFLQ_08	3.2 (1.1)	4.1 (0.8)	4.0 (0.9)	3.9 (0.9)
SFLQ_09	2.4 (0.6)	2.8 (0.7)	2.9 (0.6)	2.9 (0.7)
SFLQ_10	2.6 (0.7)	3.0 (0.7)	3.1 (0.7)	3.0 (0.6)
SFLQ_11	2.9 (0.6)	3.1 (0.6)	3.2 (0.5)	3.1 (0.5)
SFLQ_12	2.9 (0.7)	3.3 (0.6)	3.3 (0.5)	3.2 (0.5)

Dietary Intake	T0	T1	T2	T3
FFQ_01_Meat	1.1 (0.6)	1.4 (0.6)	1.3 (0.5)	1.4 (0.6)
FFQ_02_Sausages	1.1 (0.5)	1.1 (0.8)	1.2 (0.6)	1.3 (0.6)
FFQ_04_Fish	1.3 (0.8)	1.8 (0.4)	1.5 (0.7)	1.6 (0.7)
FFQ_05_Potatoes	0.5 (0.5)	0.3 (0.4)	0.4 (0.5)	0.4 (0.5)
FFQ_06_Pasta	0.4 (0.5)	0.2 (0.4)	0.3 (0.5)	0.4 (0.5)
FFQ_07_Rice	0.1 (0.3)	0.2 (0.4)	0.2 (0.4)	0.2 (0.4)
FFQ_08_Salad	1.1 (0.7)	1.8 (0.5)	1.2 (0.7)	1.2 (0.7)
FFQ_09_Vegetables	0.8 (0.7)	1.4 (0.7)	1.0 (0.7)	1.0 (0.7)
FFQ_10_Fruit	1.1 (0.8)	1.5 (0.7)	1.3 (0.8)	1.3 (0.8)
FFQ_11_Chocolate	0.7 (0.7)	1.8 (0.5)	0.8 (0.7)	0.7 (0.7)
FFQ_12_Cake	0.8 (0.7)	1.8 (0.5)	1.0 (0.6)	0.8 (0.7)
FFQ_14_Salty snacks	1.1 (0.7)	1.9 (0.4)	1.3 (0.6)	1.2 (0.7)
FFQ_16_Wholegrain bread	0.9 (0.7)	1.2 (0.8)	0.9 (0.7)	0.9 (0.7)
FFQ_17_Oats, Cereals	1.1 (0.8)	1.4 (0.8)	1.4 (0.8)	1.3 (0.9)
FFQ_20_Eggs	1.6 (0.5)	1.6 (0.6)	1.6 (0.6)	1.6 (0.6)

Note: Values are presented as Mean (SD).