

Supplementary Material

The questionnaire in its entirety is available upon request at: Magdalena Czapka-Matyasik, Poznan University of Life Sciences, Department of Human Nutrition and Dietetics, Poznan, Poland: magdalena.matyasik@up.poznan.pl

The basic sections of the questionnaire with related questions are listed in Table S1.

Table S1. Overview UNI-COVID questionnaire used to collect information on dietary and lifestyle behavior during two COVID-19 Lockdowns

Section 1
Agreed to participate in this research without any additional explanation, without any pressure, and consciously
Identified its field of study
Section 2: Demographic
Gender
Age
Weight & Height
Marital status
Place of residence (now & before social isolation period)
What is your graduated level of education
Working before social isolation period
Household's overall situation
Hours/day spent in front of the screen (watching TV, using a computer, smart phone; before & during isolation)
During social isolation, have you changed: (i) your screen time; (ii) eating behavior; (iii) body weight & (iv) duration of sleeping
Section 3: Eating habits
Before and during isolation period: (i) Cooking; (ii) Frequency of ordering food; (iii) Number of consumed meals;
(iv) Consumption of listed food: Bread (any type); Rice, pasta, tortilla, cereals; Red meat (beef, pork); Processed meat (cured meat, smoked sausages, hot-dogs); White meat (turkey, chicken); Fish and seafood; Vegetables; Fruit; Pulses-based food (legume, chickpeas, beans); Dairy product (milk, yogurt, cheese); Egg; Sweet snacks; Savory snacks; Nuts, almonds, seeds; (v) consumption of drinks with sugar (added or sweetened); (vi) Consumption of listed drinks (Water; Tea; Coffee; Juice (fruit or vegetables); Sweetened carbonated beverage e.g., Cola, Pepsi; Unsweetened beverage; Energy drinks; Alcoholic beverage) and (vii) Physical activity
Section 4: Psychological section
Gathering a personal impression by checking the most appropriate statements to describe the participant

Table S2. Students' characteristics according to the fields of study.

Field of study		Age (mean \pm SD)	BMI (mean \pm SD)	Gender		
				Male (%)	Female (%)	Other (%)
Biotechnical	Spring	22.31 \pm 2.59	22.06 \pm 3.08	11.47	88.07	0.46
	Winter	21.10 \pm 2.17	21.58 \pm 2.70	9.19	88.65	2.16
Technical	Spring	22.43 \pm 2.44	22.65 \pm 3.15	27.91	72.09	0.00
	Winter	21.54 \pm 2.13	22.93 \pm 3.78	32.78	65.84	1.38
Social	Spring	22.52 \pm 2.39	23.09 \pm 4.01	6.48	93.52	0.00
	Winter	21.98 \pm 2.46	21.77 \pm 2.64	6.30	93.70	0.00
Biomedical	Spring	21.39 \pm 2.14	22.17 \pm 3.08	14.43	85.07	0.50
	Winter	21.23 \pm 2.46	21.88 \pm 3.88	11.35	88.30	0.35
Natural	Spring	21.51 \pm 1.93	22.55 \pm 3.98	15.07	82.19	2.74
	Winter	21.21 \pm 2.17	22.50 \pm 4.05	25.56	72.93	1.50
Humanistic	Spring	23.81 \pm 3.32	22.68 \pm 4.33	10.34	87.93	1.72
	Winter	21.91 \pm 2.41	21.71 \pm 2.89	7.69	90.77	1.54
Artistic	Spring	21.14 \pm 2.12	24.59 \pm 5.20	14.29	85.71	0.00
	Winter	20.61 \pm 2.53	21.80 \pm 2.86	3.57	92.86	3.57