

Variables	Questionnaire Year 2016		Questionnaire Year 2017		Questionnaire Year 2018		All Years	
	Nutritional Knowledge	Nutritional Behaviour	Nutritional Knowledge	Nutritional Behaviour	Nutritional Knowledge	Nutritional Behaviour	Nutritional Knowledge	Nutritional Behaviour
All children	93 (100%)		125 (100%)	115 (100%)	110 (100%)	111 (100%)	328 (100%)	319 (100%)
Gender								
Boys	38 (40.9%)		36 (28.8%)	46 (40.0%)	37 (33.6%)	37 (33.3%)	111 (33.8%)	121 (37.9%)
Girls	39 (41.9%)		65 (52.0%)	63 (54.8%)	62 (56.4%)	57 (51.4%)	166 (50.6%)	159 (49.8%)
missing	16 (17.2%)		24 (19.2%)	6 (5.2%)	11 (10.0%)	17 (15.3%)	51 (15.6%)	39 (12.2%)
Age								
3-10yrs	53 (57.2%)		67 (53.6%)	85 (73.8%)	75 (68.1%)	66 (59.6%)	195 (59.5%)	204 (63.9%)
as of 11yrs	10 (10.8%)		17 (13.6%)	22 (19.1%)	15 (13.6%)	21 (18.9%)	42 (12.8%)	53 (16.6%)
missing	30 (32.0%)		41 (32.8%)	8 (7.0%)	20 (18.2%)	24 (21.6%)	91 (27.7%)	62 (19.4%)
Frequency of eating sweets*								
daily	66 (71.1%)	92 (98.9%)	76 (60.8%)	114 (99.1%)	84 (76.4%)	109 (98.2%)	226 (68.9%)	315 (98.7%)
Boys	25 (65.8%)	38 (100.0%)	21 (58.4%)	46 (100.0%)	24 (64.8%)	36 (97.3%)	70 (63.1%)	120 (99.1%)
Girls	27 (69.2%)	38 (97.4%)	39 (60.0%)	62 (98.4%)	51 (82.3%)	57 (100.0%)	117 (70.5%)	157 (98.7%)
3-10 yr olds	36 (68.0%)	53 (100.0%)	42 (62.7%)	84 (98.9%)	56 (74.7%)	65 (98.5%)	134 (68.7%)	202 (99.0%)
as of 11yrs old	9 (90.0%)	10 (100.0%)	9 (52.9%)	22 (100.0%)	14 (93.3%)	21 (100.0%)	32 (76.2%)	63 (100.0%)
never	26 (28.0%)	1 (1.1%)	48 (38.4%)	1 (0.9%)	26 (23.6%)	2 (1.8%)	100 (30.5%)	4 (1.3%)
Boys	12 (31.6%)	0	15 (41.7%)	0	13 (35.1%)	1 (2.7%)	40 (36.0%)	1 (0.008%)
Girls	12 (30.8%)	1 (2.7%)	26 (40.0%)	1 (1.6%)	11 (17.7%)	0	49 (29.5%)	2 (1.3%)
3-10 yr olds	16 (30.2%)	0 (0%)	25 (37.3%)	1 (1.2%)	19 (25.4%)	1 (1.5%)	60 (30.8%)	2 (0.009%)
as of 11yrs old	1 (10.0%)	0 (0%)	8 (47.1%)	0	1 (6.7%)	0	10 (23.8%)	0
other	1 (1.1%)	0	Not collected	Not collected	Not collected	Not collected	1 (0.003%)	0
Boys	1 (2.6%)	0					1 (0.009%)	0
Girls	0	0					0	0
3-10 yr olds	1 (1.9%)	0					1 (0.005%)	0
as of 11yrs old	0	0					0	0
missing	0	0	1 (0.8%)	0	0	0	1 (0.003%)	0
								N = see above in 2016
Snacks*				Not collected		Not collected		
fruit	61 (65.6%)	37 (39.8%)	93 (74.4%)		71 (64.5%)		225 (68.6%)	37 (39.8%)
Boys	24 (63.2%)	9 (23.7%)	24 (66.7%)		23 (62.2%)		71 (64.0%)	9 (23.7%)
Girls	26 (66.7%)	22 (56.4%)	51 (78.5%)		39 (62.9%)		116 (70.0%)	22 (56.4%)
3-10 yr olds	35 (66.0%)	21 (39.6%)	50 (74.6%)		48 (64.0%)		133 (68.2%)	21 (39.6%)
as of 11yrs old	4 (40.0%)	2 (20.0%)	12 (70.6%)		9 (60.0%)		25 (59.5%)	2 (20.0%)
sweets	4 (4.3%)	24 (25.8%)	11 (8.8%)		12 (10.9%)		27 (8.2%)	24 (25.8%)
Boys	3 (7.9%)	12 (31.8%)	4 (11.2%)		4 (10.8%)		11 (10.0%)	12 (31.8%)
Girls	1 (2.6%)	8 (20.5%)	4 (6.2%)		7 (11.3%)		12 (7.2%)	8 (20.5%)
3-10 yr olds	4 (7.5%)	13 (24.5%)	5 (7.5%)		7 (9.4%)		16 (8.2%)	13 (24.5%)
as of 11yrs old	0	3 (30.0%)	2 (11.8%)		3 (20.0%)		5 (1.2%)	3 (30.0%)
nothing	8 (8.6%)	9 (9.7%)	8 (6.4%)		8 (7.3%)		24 (7.3%)	9 (9.7%)
Boys	6 (15.8%)	5 (13.2%)	4 (11.2%)		5 (13.5%)		15 (13.5%)	5 (13.2%)
Girls	1 (2.6%)	3 (7.7%)	3 (4.6%)		3 (4.8%)		7 (4.2%)	3 (7.7%)
3-10 yr olds	4 (7.5%)	7 (13.2%)	5 (7.5%)		6 (8.0%)		15 (7.7%)	7 (13.2%)
as of 11yrs old	2 (20.0%)	0	1 (5.9%)		0		3 (7.1%)	0
fruit yoghurt/bread/pretzels	11 (11.8%)	12 (13.0%)	8 (6.4%)		11 (10.0%)		30 (9.2%)	12 (13.0%)
Boys	4 (10.5%)	6 (15.8%)	3 (8.4%)		2 (5.4%)		9 (8.1%)	6 (15.8%)
Girls	4 (10.3%)	3 (7.7%)	4 (6.1%)		8 (13.2%)		16 (9.6%)	3 (7.7%)
3-10 yr olds	5 (9.4%)	8 (15.1%)	4 (6.0%)		8 (10.7%)		17 (8.7%)	8 (15.1%)
as of 11yrs old	2 (20.0%)	1 (10.0%)	1 (5.9%)		2 (13.3%)		5 (11.9%)	1 (10.0%)
dental care chewing gum	2 (2.2%)	3 (3.2%)	5 (4.0%)		8 (7.3%)		15 (4.6%)	3 (3.2%)
Boys	0	1 (2.6%)	1 (2.8%)		3 (8.1%)		4 (3.6%)	1 (2.6%)
Girls	2 (5.1%)	0	3 (4.6%)		5 (8.1%)		10 (6.0%)	0
3-10 yr olds	0	1 (1.9%)	3 (4.5%)		6 (8.0%)		9 (4.6%)	1 (1.9%)
as of 11yrs old	1 (10.0%)	0	1 (5.9%)		1 (6.7%)		3 (7.1%)	0
other	7 (7.5%)	8 (8.6%)	Not collected		Not collected		7 (2.1%)	8 (8.6%)
Boys	1 (2.6%)	5 (13.2%)					1 (0.009%)	5 (13.2%)
Girls	5 (12.8%)	3 (7.9%)					5 (3.0%)	3 (7.9%)
3-10 yr olds	5 (9.4%)	3 (5.7%)					5 (2.7%)	3 (5.7%)
as of 11yrs old	1 (10.0%)	3 (30.0%)					1 (2.4%)	3 (30.0%)
							N= 2017+2018 (no values from 2016 included)	
Frequency of snacks*	Not collected							
always/usually (>4 times/day)		42 (45.2%)	63 (50.4%)	59 (51.3%)	50 (45.5%)	42 (37.8%)	113 (48.1%)	143 (44.9%)
Boys		14 (36.8%)	15 (41.7%)	26 (65.5%)	17 (46.0%)	10 (27.0%)	32 (43.8%)	50 (41.3%)
Girls		22 (56.5%)	36 (55.4%)	29 (46.0%)	31 (50.0%)	25 (43.9%)	67 (52.8%)	76 (47.8%)
3-10 yr olds		22 (41.5%)	35 (52.2%)	42 (49.4%)	36 (48.0%)	25 (37.9%)	71 (50.0%)	89 (43.6%)
as of 11yrs old		5 (50.9%)	8 (47.1%)	12 (54.5%)	7 (46.7%)	8 (44.5%)	15 (46.9%)	25 (47.1%)
sometimes/ seldom (<4 times/day)		48 (51.7%)	61 (48.8%)	52 (45.2%)	55 (50.0%)	67 (60.4%)	116 (49.4%)	167 (52.4%)
Boys		23 (60.5%)	21 (58.4%)	18 (39.1%)	19 (51.4%)	25 (67.6%)	40 (54.8%)	66 (54.5%)
Girls		15 (38.5%)	28 (43.1%)	32 (50.8%)	30 (48.4%)	32 (56.1%)	58 (45.7%)	79 (49.7%)
3-10 yr olds		28 (52.8%)	32 (47.8%)	39 (45.9%)	37 (49.4%)	41 (62.1%)	69 (48.6%)	108 (52.9%)
as of 11yrs old		5 (50.0%)	9 (52.9%)	10 (45.5%)	8 (53.4%)	11 (61.1%)	17 (53.1%)	26 (49.1%)
never		2 (2.2%)	1 (0.8%)	4 (3.5%)	4 (3.6%)	2 (1.8%)	5 (2.1%)	8 (2.5%)
Boys		1 (2.6%)	0	2 (4.4%)	1 (2.7%)	2 (5.4%)	1 (1.4%)	5 (4.1%)
Girls		1 (2.6%)	1 (1.5%)	2 (3.2%)	1 (1.6%)	0	2 (1.6%)	3 (1.9%)
3-10 yr olds		2 (3.8%)	0	4 (4.7%)	2 (2.7%)	0	2 (1.4%)	6 (2.9%)
as of 11yrs old		0	0	0	0	2 (11.1%)	0	2 (3.8%)

other		1 (1.1%)	Not collected	Not collected	Not collected	Not collected	Not collected	1 (0.003%)
<i>Boys</i>		0	0	0				0
<i>Girls</i>		1 (2.6%)	0	0				1 (0.006%)
3-10 yr olds		1 (1.9%)		0	0			1 (0.005%)
as of 11yrs old		0	0	0	0	0		0
missing		0	0	0	1 (0.9%)	0	1 (0.004%)	0
<u>Favorite/healthy drinks*</u>								
Sugar sweetened beverage (SBB)	Not collected	63 (67.7%)	37 (29.6%)	88 (76.5%)	22 (20.0%)	63 (56.8%)	59 (25.1%)	214 (67.1%)
<i>Boys</i>		26 (68.4%)	14 (38.9%)	36 (78.3%)	4 (10.8%)	24 (64.9%)	18 (24.7%)	86 (71.1%)
<i>Girls</i>		25 (64.1%)	15 (23.1%)	48 (76.2%)	14 (22.6%)	31 (54.4%)	29 (22.9%)	104 (65.4%)
3-10 yr olds		36 (67.9%)	17 (25.4%)	69 (81.2%)	17 (22.7%)	40 (60.6%)	34 (23.9%)	145 (71.1%)
as of 11yrs old		6 (60.0%)	3 (17.7%)	13 (59.1%)	1 (6.7%)	13 (61.9%)	4 (12.5%)	32 (60.4%)
water/tea (unsweetened)		24 (25.8%)	87 (69.6%)	25 (21.7%)	88 (80.0%)	46 (41.4%)	175 (74.5%)	95 (29.8%)
<i>Boys</i>		9 23.7%)	22 (61.2%)	10 (21.7%)	33 (89.2%)	12 (32.4%)	55 (75.3%)	31 (25.6%)
<i>Girls</i>		12 (30.8%)	50 (76.9%)	13 (20.6%)	48 (77.4%)	26 (45.6%)	98 (77.2%)	51 (32.1%)
3-10 yr olds		12 (22.6%)	50 (74.6%)	15 (17.6%)	58 (77.4%)	25 (37.9%)	108 (76.1%)	52 (25.5%)
as of 11yrs old		4 (40.0%)	14 (82.4%)	8 (36.4%)	14 (93.4%)	8 (38.1%)	28 (87.5%)	20 (37.7%)
cocoa		5 (5.4%)	1 (0.8%)	2 (1.7%)	0	2 (1.8%)	1 (0.004%)	9 (2.8%)
<i>Boys</i>		3 (7.9%)	0	0	0	1 (2.7%)	0	4 (3.3%)
<i>Girls</i>		1 (2.6%)	0	2 (3.2%)	0	0	0	3 (1.9%)
3-10 yr olds		4 (7.5%)	0	1 (1.2%)	0	1 (1.5%)	0	6 (2.9%)
as of 11yrs old		0	0	1 (4.5%)	0	0	0	1 (1.9%)
other		1 (1.1%)	Not collected	Not collected	Not collected	Not collected	Not collected	1 (0.003%)
<i>Boys</i>		0						0
<i>Girls</i>		1 (2.6%)						1 (0.006%)
3-10 yr olds		1 (1.9%)						1 (0.005%)
as of 11yrs old		0						0
<u>Frequency of sweet drinks consumption*</u>	Not collected	37 (39.8%)	28 (22.4%)	39 (33.9%)	29 (26.3%)	33 (29.7%)	57 (24.3%)	109 (34.2%)
every day		17 (44.7%)	10 (27.8%)	20 (43.5%)	8 (21.6%)	15 (40.5%)	18 (24.7%)	52 (43.0%)
<i>Boys</i>		12 (30.8%)	14 (21.5%)	17 (27.0%)	17 (27.4%)	14 (24.6%)	31 (24.4%)	43 (27.0%)
<i>Girls</i>		19 (35.8%)	14 (20.9%)	31 (36.5%)	16 (21.3%)	23 (34.8%)	30 (21.1%)	73 (35.8%)
3-10 yr olds		5 (50.0%)	4 (23.5%)	5 (22.7%)	7 (46.7%)	6 (28.6%)	11 (34.4%)	16 (30.2%)
as of 11yrs old		55 (59.2%)	94 (75.2%)	76 (66.0%)	81 (73.6%)	78 (70.3%)	175 (74.5%)	209 (65.5%)
less than every day		21 (55.3%)	26 (72.3%)	26 (56.6%)	29 (78.4%)	22 (59.5%)	55 (75.4%)	69 (57.0%)
<i>Boys</i>		26 (66.7%)	49 (75.4%)	46 (72.9%)	45 (72.6%)	43 (75.4%)	94 (74.0%)	115 (72.3%)
<i>Girls</i>		33 (62.2%)	52 (77.6%)	54 (63.6%)	59 (78.6%)	43 (65.2%)	111 (78.1%)	130 (63.7%)
3-10 yr olds		5 (50.0%)	13 (76.5%)	17 (77.3%)	8 (53.4%)	15 (71.5%)	21 (65.7%)	37 (69.8%)
as of 11yrs old		1 (1.1%)	Not collected	Not collected	Not collected	Not collected	Not collected	1 (0.003%)
other		0						0
<i>Boys</i>		1 (2.6%)						1 (0.006%)
<i>Girls</i>		1 (1.9%)						1 (0.005%)
3-10 yr olds		0						0
as of 11yrs old		0	3 (2.4%)	0	0	0	3 (1.3%)	0
missing			2 (3.1%)				2 (1.6%)	
<i>Girls</i>			1 (1.5%)				1 (0.007%)	
3-10 yr olds								
<u>Behavior after consumption of sweets*</u>								
doing nothing	7 (7.5%)	63 (67.7%)	5 (4.0%)	63 (54.8%)	6 (5.5%)	61 (55.0%)	18 (5.5%)	187 (58.6%)
<i>Boys</i>	1 (2.6%)	29 (76.3%)	1 (2.8%)	28 (60.9%)	2 (5.4%)	22 (59.5%)	4 (3.6%)	79 (65.3%)
<i>Girls</i>	3 (7.7%)	23 (59.0%)	3 (4.6%)	32 (50.8%)	4 (6.5%)	35 (61.4%)	10 (6.0%)	90 (56.6%)
3-10 yr olds	4 (7.6%)	36 (67.9%)	3 (4.5%)	47 (55.3%)	4 (5.4%)	42 (63.6%)	11 (5.6%)	125 (61.3%)
as of 11yrs old	0	5 (50.0%)	1 (5.9%)	12 (54.5%)	2 (13.4%)	12 (57.1%)	3 (7.1%)	29 (54.7%)
brushing teeth	68 (73.1%)	12 (12.9%)	83 (66.4%)	16 (13.9%)	80 (72.7%)	24 (21.6%)	231 (70.4%)	52 (16.3%)
<i>Boys</i>	29 (76.3%)	2 (6.3%)	26 (72.3%)	6 (13.0%)	27 (73.0%)	9 (24.3%)	82 (73.9%)	17 (14.1%)
<i>Girls</i>	29 (74.4%)	7 (18.0%)	41 (63.1%)	10 (15.9%)	44 (71.0%)	11 (19.3%)	114 (68.7%)	28 (17.6%)
3-10 yr olds	41 (77.4%)	5 (9.4%)	48 (71.6%)	12 (14.1%)	55 (73.4%)	15 (22.7%)	144 (73.9%)	32 (15.7%)
as of 11yrs old	8 (80.0%)	2 (20.0%)	8 (47.1%)	3 (13.6%)	9 (60.0%)	4 (19.1%)	25 (59.5%)	9 (17.0%)
rinsing mouth with mouthwash	6 (6.4%)	7 (7.5%)	23 (18.4%)	29 (25.2%)	14 (12.8%)	18 (16.2%)	43 (13.1%)	54 (36.6%)
<i>Boys</i>	2 (5.3%)	4 (10.5%)	3 (8.4%)	8 (17.4%)	3 (8.1%)	4 (10.8%)	8 (7.2%)	16 (13.2%)
<i>Girls</i>	2 (5.1%)	3 (7.7%)	17 (26.6%)	18 (28.6%)	9 (14.6%)	9 (15.8%)	28 (16.8%)	30 (18.8%)
3-10 yr olds	3 (5.7%)	5 (9.4%)	9 (13.4%)	21 (24.7%)	8 (10.7%)	6 (9.1%)	20 (10.3%)	32 (15.7%)
as of 11yrs old	0	1 (10.0%)	7 (41.2%)	5 (22.7%)	2 (13.4%)	5 (23.9%)	9 (21.4%)	11 (20.8%)
chewing dental care gum	9 (9.7%)	5 (5.4%)	12 (9.6%)	6 (5.2%)	10 (9.1%)	7 (6.3%)	31 (9.5%)	18 (5.6%)
<i>Boys</i>	5 (13.2%)	1 (2.6%)	5 (13.9%)	3 (6.5%)	5 (13.5%)	1 (2.7%)	15 (13.5%)	5 (4.1%)
<i>Girls</i>	3 (7.7%)	2 (5.1%)	3 (4.6%)	3 (4.8%)	5 (8.1%)	2 (3.5%)	11 (6.6%)	7 (4.4%)
3-10 yr olds	3 (5.7%)	2 (3.8%)	6 (9.0%)	4 (4.7%)	8 (10.7%)	2 (3.0%)	17 (8.7%)	8 (3.9%)
as of 11yrs old	1 (10.0%)	1 (10.0%)	1 (5.9%)	2 (9.1%)	2 (13.4%)	0	4 (9.5%)	3 (5.7%)
chewing sweet gum	1 (1.1%)	0	2 (1.6%)	1 (0.9%)	0	1 (0.9%)	3 (0.009%)	2 (0.006%)
<i>Boys</i>	0	0	1 (2.8%)	1 (2.2%)	0	1 (2.7%)	1 (0.009%)	2 (1.7%)
<i>Girls</i>	1 (2.6%)	0	1 (1.5%)	0	0	0	2 (1.2%)	0
3-10 yr olds	0	0	1 (1.5%)	1 (1.2%)	0	1 (1.5%)	1 (0.005%)	2 (0.01%)
as of 11yrs old	1 (10.0%)	0	0	0	0	0	1 (2.4%)	0
other	2 (2.2%)	6 (6.5%)	Not collected	Not collected	Not collected	Not collected	2 (0.006%)	6 (1.9%)
<i>Boys</i>	1 (2.6%)	2 (5.3%)					1 (0.009%)	2 (1.7%)
<i>Girls</i>	1 (2.6%)	4 (10.3%)					1 (0.006%)	4 (2.5%)
3-10 yr olds	2 (3.8%)	5 (9.4%)					2 (1.0%)	5 (2.5%)
as of 11yrs old	0	1 (10.0%)					0	1 (1.9%)
<u>Frequency of brushing teeth*</u>								
three times a day	50 (53.8%)	17 (18.3%)	74 (59.2%)	20 (17.4%)	47 (42.7%)	14 (12.6%)	171 (52.1%)	51 (16.0%)
<i>Boys</i>	22 (57.9%)	7 (18.4%)	22 (61.2%)	4 (8.7%)	20 (54.1%)	3 (8.1%)	64 (57.7%)	14 (11.6%)
<i>Girls</i>	21 (53.9%)	8 (20.5%)	42 (64.6%)	16 (25.4%)	21 (33.9%)	6 (10.5%)	84 (50.6%)	30 (18.9%)
3-10 yr olds	24 (45.3%)	9 (17.0%)	45 (67.2%)	17 (20.0%)	35 (46.7%)	6 (9.1%)	104 (53.3%)	32 (15.7%)
as of 11yrs old	8 (80.0%)	2 (20.0%)	10 (58.8%)	3 (13.6%)	2 (13.4%)	3 (14.3%)	20 (47.6%)	8 (15.1%)

twice a day	34 (36.6%)	68 (73.1%)	51 (40.8%)	90 (78.3%)	62 (56.4%)	91 (82.0%)	147 (44.8%)	249 (78.1%)
<i>Boys</i>	13 (34.2%)	29 (76.3%)	14 (38.9%)	41 (89.1%)	16 (43.2%)	30 (81.1%)	43 (38.7%)	100 (82.6%)
<i>Girls</i>	15 (38.5%)	25 (64.1%)	23 (35.4%)	43 (68.3%)	41 (66.1%)	50 (87.7%)	79 (47.6%)	118 (74.2%)
3-10 yr olds	23 (43.4%)	39 (73.6%)	22 (32.8%)	65 (76.5%)	39 (52.0%)	57 (86.4%)	84 (43.1%)	161 (78.9%)
as of 11yrs old	2 (20.0%)	6 (60.0%)	7 (41.2%)	18 (82.0%)	13 (86.7%)	17 (81.0%)	22 (52.4%)	41 (77.4%)
once a day	3 (3.3%)	6 (6.5%)	0	5 (4.3%)	0	6 (5.4%)	3 (0.009%)	17 (5.3%)
<i>Boys</i>	2 (5.2%)	1 (2.6%)	0	1 (2.2%)	0	4 (10.8%)	2 (0.02%)	6 (5.0%)
<i>Girls</i>	0	5 (12.8%)	0	4 (6.3%)	0	1 (1.8%)	0	10 (6.3%)
3-10 yr olds	2 (3.8%)	4 (7.6%)	0	3 (5.7%)	0	3 (4.5%)	2 (0.01%)	10 (4.9%)
as of 11yrs old	0	1 (10.0%)	0	1 (4.5%)	0	1 (4.8%)	0	3 (5.7%)
once a week	0	1 (1.1%)	0	0	1 (0.9%)	0	1 (0.003%)	1 (0.003%)
<i>Boys</i>	0	1 (2.6%)	0	0	1 (2.7%)	0	1 (0.009%)	1 (0.008%)
<i>Girls</i>	0	0	0	0	0	0	0	0
3-10 yr olds	0	0	0	0	1 (1.4%)	0	1 (0.005%)	0
as of 11yrs old	0	1 (10.0%)	0	0	0	0	0	1 (1.9%)
other	6 (6.5%)	1 (1.1%)	Not collected	Not collected	Not collected	Not collected	6 (1.8%)	1 (0.003%)
<i>Boys</i>	1 (2.6%)	0					1 (0.009%)	0
<i>Girls</i>	3 (7.7%)	1 (2.6%)					3 (1.8%)	1 (0.006%)
3-10 yr olds	4 (7.6%)	1 (1.9%)					4 (2.1%)	1 (0.005%)
as of 11yrs old	0	0					0	0

Table S1: Overall results: Correlation analysis across all results with Pearson Correlation (knowledge correlated against behavior) was made and a significant (*) correlation found ($p < 0.05$).