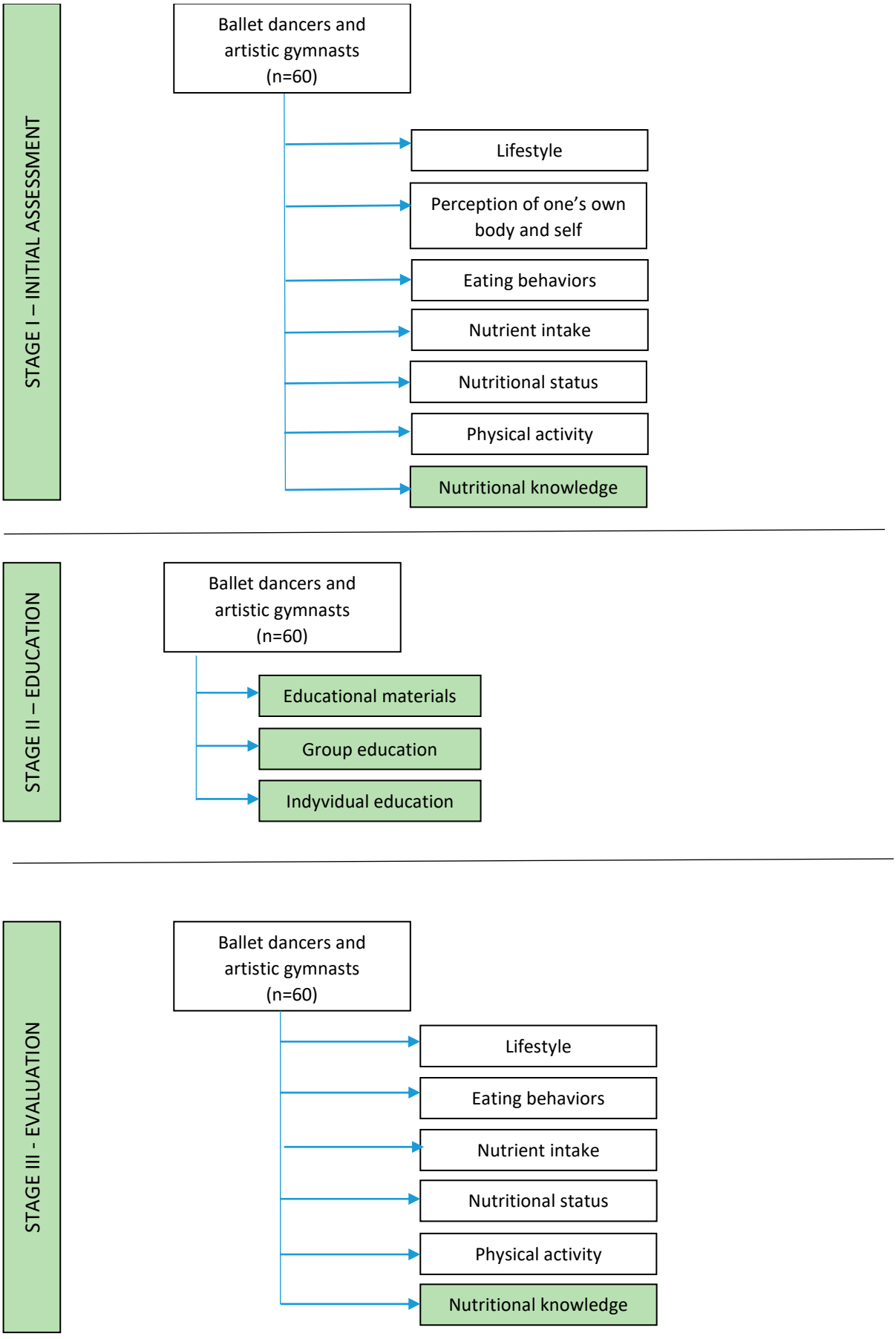


Figure S1. Scheme of the project for assessing the impact of nutritional education on changes in the diet, nutritional status and nutrition-related knowledge of ballet school students and artistic gymnastics classes. The stages highlighted in colour refer to the content of the results presented in this study.