**Supplementary material: Interview guide**

**Cultural: food culture**

* When do you gather with family, friends, or the community to eat? What dishes do you usually eat? Describe them.
* What foods and preparations did you eat when you were a child and young? Do you still consume them, yes/no, and why?
* Do you enjoy cooking? Who taught you? What preparations have lasted throughout your life?
* At what age did you learn to cook? Who did you learn? Do children and young people currently learn to cook at that age?
* Do you miss any preparation that you no longer eat regularly?
* In what situations do you prepare "special" meals? What are these "special" preparations?
* Are there any celebrations in your territory that involve the consumption of special dishes?

**Social: food security**

* What foods are available in your territory?
* How often do you acquire food?
* What is the method of obtaining food?
* Where do you usually get food (bought, gifted, home-produced foods)?
* What foods do you usually obtain (bought, gifted, home-produced foods)?
* Which foods are easy to obtain?
* Which foods are difficult to obtain?
* How do you consider the price of food in your territory?

**Social: physical activity**

* For you, what does physical activity/exercise mean?
* Do you engage in physical activity/exercise? How often? Where do you usually engage in physical activity/exercise?
* In your neighbourhood/city, are there spaces for engaging in physical activity/exercise?
* What facilities does your neighbourhood/city have for engaging in physical activity/exercise?
* What difficulties do you encounter in your neighbourhood/city when it comes to engaging in physical activity/exercise?
* In your neighbourhood/city, are you familiar with and/or enrolled in any programs for engaging in physical activity/exercise?

**Biology/personality: nutritional and health situations**

* What is health to you? What is illness?
* What activities, things, or situations do you consider healthy? What are not healthy?
* What does food mean to you?
* How should an ideal diet be?
* What procedures do you consider when preparing food?
* What are your favourite foods and preparations? Why?
* What foods and preparations do you dislike? Why?
* Which foods do you consider necessary for the body?
* Which foods do you not consider necessary for the body?
* What knowledge, beliefs, and traditions do you know about:
* Diseases related to body weight?
* What is excess weight to you? What is obesity?
* What was the perception of weight in your community when you were a child/young?