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Supplementary Figure 1. **Eating Competence Total Score Among Pupils at Baseline and Follow-up**

The data were analyzed with a mixed-effects model for repeated measures accounting for the intervention effect and selected standardizing effects. *P* value of the interaction is 0.025. The significant differences in pairwise comparisons made with least-squares difference method are given between ○ Uncommitted intervention group and Committed intervention group, as well as ● Uncommitted intervention group and Inactive control group. Cutoff point for being a competent eater is 32 points or more (min 0, max 48).