**Supplementary Table 1.**  Percentage of correct answer for any question asked pre and post-test.

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|  | **Control group (N=52)** | | | Intervention group (N=159) | | |
|  | **Pre-Test** | **Post-Test** | **Statistical Signification** | Pre-Test | Post-Test | Statistical Signification |
| 1. Exercise must be done at least 2 or 3 times a week. | 96.2% | 98.1% | NS | 86.2% | 85.5% | NS |
| 2. If we peel an apple it’s not necessary to wash it. | 48.1% | 48.1% | NS | 52.8% | 86.8% | p = 0.0000 |
| 3. Eating fresh fruit is the same as eating fruit in syrup or jam. | 92.3% | 94.2% | NS | 79.9% | 93.1% | p = 0.0001 |
| 4. An orange provides us with the same as its juice. | 32.7% | 32.7% | NS | 27.0% | 86.8% | p = 0.0000 |
| 5. Eating fruit by “biting” it, helps us to learn how to chew well. | 63.5% | 65.4% | NS | 59.1% | 88.7% | p = 0.0000 |
| 6. To grow strong and healthy you need to eat all kinds of food. | 76.9% | 84.6% | p = 0.0222 | 93.7% | 91.8% | NS |
| 7. A piece of fruit a day is enough to grow well. | 50.0% | 48.1% | NS | 55.3% | 86.8% | p = 0.0000 |
| 8. Walking to school is not doing exercise. | 59.6% | 61.5% | NS | 79.2% | 90.6% | p = 0.0012 |
| 9. It’s better not to get used to eating sweet desserts daily. | 90.4% | 94.2% | p = 0.0797 | 85.5% | 93.1% | p = 0.0050 |
| 10.  All juices are made from fresh fruit. | 32.7% | 34.6% | NS | 45.9% | 79.2% | p = 0.0000 |
| 11.  Having fruit juice is the same as having soft fizzy drinks. | 96.2% | 100.0% | p = 0.0797 | 90.6% | 92.5% | NS |
| 12.  It’s important to always have three courses at lunchtime. | 53.8% | 53.8% | NS | 50.9% | 79.2% | p = 0.0000 |
| 13.  If we do not have enough calories, we will grow less and have less energy. | 32.7% | 50.0% | p = 0.0010 | 60.4% | 88.1% | p = 0.0000 |
| 14.  Proteins help us to grow healthy. | 69.2% | 98.1% | p = 0.0000 | 87.4% | 93.1% | p = 0.0246 |
| 15.  The mid-afternoon snack is not an important meal. | 36.5% | 36.5% | NS | 54.7% | 85.5% | p = 0.0000 |
| 16.  A lack of vitamins or mineral salts causes illnesses. | 63.5% | 73.1% | p = 0.0119 | 72.3% | 86.2% | p = 0.0001 |
| 17.  Pasta has got a lot of vitamins and mineral salts. | 17.3% | 80.8% | p = 0.0000 | 57.2% | 81.1% | p = 0.0000 |
| 18.  Beans and pulses are rich in proteins. | 23.1% | 75.0% | p = 0.0000 | 71.7% | 90.6% | p = 0.0000 |
| 19.  Fruit and vegetables are the most important foods. | 76.9% | 94.2% | p = 0.0010 | 73.6% | 86.2% | p = 0.0007 |
| 20.  We can have large amounts of bread, because it’s very healthy. | 44.2% | 59.6% | p = 0.0018 | 60.4% | 84.9% | p = 0.0000 |
| 21.  We shouldn’t eat sweets and crisps. | 51.9% | 65.4% | p = 0.0034 | 68.6% | 91.2% | p = 0.0000 |
| 22.  Yogurt and cheese contain calcium. | 67.3% | 84.6% | p = 0.0010 | 88.1% | 95.0% | p = 0.0036 |
| 23.  Eggs don’t contain proteins. | 25.0% | 73.1% | p = 0.0000 | 74.2% | 91.2% | p = 0.0000 |