

Supplemental Table 1. Characteristics of kitchen-based curriculum

Module	Description
Kitchen Safety, Delegation, Fundamental Skills	Food and sanitation protocols and taking care with knives and equipment to keep participants and food safe. Includes: kitchen dress, knife skills, cross-contamination and temperature danger zones, "mise en place," composting and food disposal, food storage.
Breakfast	Calories, both nutrient-dense and empty, macronutrients, bioindividuality in nutrient needs, the importance of breakfast, and identifying hidden sugars. Includes: reading nutrition labels to make informed decisions about breakfast foods, the nutrient contribution of beverages, building breakfasts around a protein-fat-fiber model.
Snack and Healthy Desserts	Carbohydrates, with a focus on snacks, desserts, and beverages, complex carbohydrates, balancing blood sugar and the caveats of simple carbohydrates. Includes: whole grain composition and sources, the nutrient makeup of various food preparations (fresh, frozen, canned), and the importance of hydration and identifying thirst from hunger.
Packed Lunch	Incorporating vegetables into everyday meals, defining a portion and factors affecting portion size, and listening to intuitive hunger cues. Includes: comparing nutrient vs. caloric density in whole vs. processed foods, building a nutrient-balanced, enjoyable, and portable lunch around the protein-fat-fiber model.
Make-Ahead Meals	Unsaturated and saturated fat breakdown and importance in a whole food lifestyle, comparing plant and animal-based fats, and demystifying cholesterol. Includes: utilizing nutrient-dense stocks to increase fluid intake, highlighting one-pot meals as a time-efficient and nutrient-dense option, food preparation and food storage as meal-preparation tactics.
Compilation of Family Recipes	Quality carbohydrates, lean protein, and fruits and/or vegetables as the pillars of dinnertime meals, understanding and identifying legumes, and the intention, purpose, and focus behind mindful eating. Includes: comparing nutrition between recipes, recognizing less nutrient-dense elements of a recipe and applying learned substitutions and culinary techniques to improve meal nutrient quality.