Supplementary table 1. Nutrition Education Program Syllabus

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| Session Title | Objective | Tools |
| The Secret of Food | Introducing to daily dietary guidelines and the six major food groups.Understanding the nutritional contents of food and their benefits for the human body.  | PowerPoint.Game: drawing “my plate” to record a 1-day eating diary.Pamphlet: Daily dietary guidelines flashcard. |
| Techniques of Eating | Understanding “my plate” and portion control.Calculating personal BMI and anthropometrics.Understanding nutrient density. | Explaining the “my plate” drawing from last session. PowerPoint.Game: Nutrition knowledge trivia (first to answer correctly wins). |
| Getting to Know Nutrition Labels | Differentiating between highly processed and unprocessed foods.Understanding nutrition labels and calculating nutritional content values.Tips for selecting foods within budget when dining out. | PowerPoint.Pamphlet: choosing foods correctly, nutrition labels, and BMI guidelines.  |