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Supplementary table 1. Description of the Brazilian Cooking Skills and Healthy Eating Questionnaire – BCSQ.

Brazilian Cooking Skills and Healthy Eating Questionnaire – BCSQ			
Scales	What it measures	Items	Answers / score
1. Availability and Accessibility of Fruits and Vegetables Index - AAFV [a,b]	The availability of fruits and vegetable over the past week	8	Yes/no (1 or 2 points)
2. Cooking Attitude - CA [a,b,c,d]	How respondents felt about cooking	4	5-point Likert scale (from “strongly disagree” to “strongly agree”)
3. Cooking Behaviour - CB [a,b,e,f,g]*	The frequency of common cooking activities	3	11 items (from “not at all” to “about every day”)
4. Produce Consumption Self-Efficacy - SEPC [a,b]	The degree of confidence in being able to meet the government’s three Brazilian recommendations for the consumption of fruits and vegetables	3	5-point Likert scale (from “not at all confident” to “extremely confident”)
5. Self-Efficacy in Cooking – SEC [a,b]	The degree of confidence in performing basic meal preparation activities	6	

6. Self-Efficacy for Using Fruits, Vegetables, and Seasonings – SEFVS [a,b]	The degree of confidence in using fruits and vegetables when cooking	4	
7. Knowledge of Cooking Terms and Techniques Evaluation (CTT) [a,b,e]	The level of cooking knowledge	8	Multiple-choice answers (1 point for the correct answer) Low CK - <6 points High CK - ≥6 points
Total		36	Lower to higher mean

*Items with low loading and internal consistency [a,b]. CK = knowledge of cooking.

(Jomori et al., 2017; Jomori et al., 2022)^a, (Michaud, 2007)^b, (Warmin et al., 2012)^c, (Condrasky et al., 2011)^d, (Kerrison et al., 2017)^e, (Bernardo et al., 2018)^f, and (Wrieden et al., 2007)^g.

Supplementary table 2. Estimates (95% confidence intervals) of cooking skills and place of main meal before and during COVID-19 responses among Brazilian university students by gender, age group, know how to cook, living arrangements, cooking knowledge (n = 1919).

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	Fresh ingredients	Ultra-processed Food	Fresh Ingredients and Ultra-processed	Delivery
	Estimations (95% confidence interval)			
Group-level effects				
Gender	0.41 (0.03 to 1.49)	0.28 (0.00 to 1.42)	0.35 (0.01 to 1.49)	0.28 (0.00 to 1.39)
Age group	0.28 (0.00 to 1.39)	0.32 (0.01 to 1.46)	0.35 (0.01 to 1.55)	0.30 (0.00 to 1.46)
Know how to cook	0.61 (0.12 to 1.77)	0.36 (0.01 to 1.59)	0.53 (0.07 to 1.70)	0.35 (0.01 to 1.45)
Living arrangements	0.04 (0.00 to 0.19)	0.05 (0.00 to 0.24)	0.08 (0.00 to 0.33)	0.18 (0.04 to 0.59)
Cooking ability	1.14 (0.53 to 2.22)	0.43 (0.09 to 1.36)	0.59 (0.11 to 1.59)	0.37 (0.06 to 1.28)
Cooking knowledge	0.33 (0.01 to 1.49)	0.36 (0.01 to 1.52)	0.28 (0.00 to 1.41)	0.28 (0.00 to 1.33)
Population-level effects				
Never	1	1	1	1
1 to 2 per month	-0.29 (-2.41 to 1.82)	-0.30 (-1.99 to 1.34)	-0.58 (-2.42 to 1.21)	-0.52 (-2.03 to 1.03)
Once a week	0.09 (-2.02 to 2.21)	0.32 (-1.36 to 1.96)	0.02 (-1.83 to 1.82)	0.67 (-0.85 to 2.22)
Several times per week	0.61 (-1.51 to 2.72)	0.79 (-0.90 to 1.43)	0.53 (-1.33 to 2.32)	1.67 (0.17 to 3.23)
Daily	1.50 (-0.61 to 3.62)	1.49 (-0.19 to 3.11)	1.28 (-0.57 to 3.07)	2.67 (1.15 to 4.23)
Time - before COVID-19	1	1	1	1
Time - during COVID-19	0.83 (0.75 to 0.90)	0.37 (0.30 to 0.43)	0.57 (0.50 to 0.64)	0.11 (0.04 to 0.18)

Note: The reference category response was “Never” and the reference category to the Time variable was Before COVID-19.

Supplementary table 2. Continuation.

	Fast food	University cafeteria Estimations (95% confidence interval)	Self-service
Group-level effects			
Gender	0.31 (0.00 to 1.49)	0.30 (0.00 to 1.44)	0.34 (0.01 to 1.47)
Age group	0.39 (0.02 to 1.55)	0.36 (0.01 to 1.54)	0.36 (0.01 to 1.54)
Know how to cook	0.42 (0.01 to 1.68)	0.38 (0.01 to 1.55)	0.38 (0.01 to 1.60)
Living arrangements	0.08 (0.00 to 0.34)	0.05 (0.00 to 0.23)	0.07 (0.00 to 0.29)
Cooking ability	0.36 (0.07 to 1.24)	0.38 (0.01 to 1.55)	0.15 (0.00 to 0.79)
Cooking knowledge	0.29 (0.00 to 1.40)	0.29 (0.00 to 1.43)	0.35 (0.01 to 1.56)
Population-level effects			
Never	1	1	1
1 to 2 per month	-0.48 (-2.19 to 1.25)	-1.00 (-2.63 to 0.49)	-0.30 (-2.08 to 1.31)
Once a week	0.68 (-1.04 to 2.41)	-0.71 (-2.34 to 0.78)	0.69 (-1.10 to 2.30)
Several times per week	1.51 (-0.19 to 3.24)	-0.43 (-2.06 to 1.06)	1.29 (-0.50 to 2.91)
Daily	2.62 (0.94 to 4.36)	0.47 (-1.14 to 1.98)	2.07 (0.25 to 3.69)
Time - before COVID-19	1	1	1
Time - during COVID-19	-1.13 (-1.21 to -1.06)	-2.56 (-2.67 to -2.45)	-1.44 (-1.53 to -1.35)

Note: The reference category response was “Never” and the reference category to the Time variable was “Before COVID-19”.