

Table S1. Nutrition theme-based Mission X program for South Korean preschoolers

week	Nutrition theme	Goals	Activity
1-2	Energy of an astronaut	<ul style="list-style-type: none"> - Knowing balanced meal based on five food groups - Understanding specific nutritional needs 	<ul style="list-style-type: none"> - Categorizing different food items by five food groups - Pairing food items by five food groups*
3-6	Hydration Station ¹⁾	<ul style="list-style-type: none"> - Understanding important roles of water to keep our body healthy - Identifying signs of dehydration - Learning relationship of the body system & organs and hydration 	<ul style="list-style-type: none"> - Think and tell the signs of dehydration and important roles of water in human body - Comparing dried vs. fresh fruits and their peel* - Hydrate the astronaut game* - Observing simulated urine sample*
7	Living Bones, Strong Bones	<ul style="list-style-type: none"> - Recognizing calcium rich foods 	<ul style="list-style-type: none"> - Comparing different bone shape and structure
8	Reduced gravity, Low-fat	<ul style="list-style-type: none"> - Formulating healthy food 	<ul style="list-style-type: none"> - Discovering fat & sugar contents
9-10	Class review and practice	<ul style="list-style-type: none"> - Review the nutritional messages 	<ul style="list-style-type: none"> - Teacher-led class activities based on nutrition theme

¹⁾ Hydration Station: this theme was connected to seasonal events activities (swimming pool or outdoor activities with water) in their ECES

* Based on the nutrition theme, 2, 4-6 and 9-10 week of games and science related classes were delivered by class teachers