Supplementary Material

Food perceptions and breakfast choices among school-age children and parents in southern Peru: A cross-sectional study using projective techniques

Tables S1

Distribution of healthy, ultra-processed and traditional foods in children's drawings by region

City	Healthy Food	Frequency	Ultra-process Food	Frequency	Traditional foods	Frequency
Arequipa	Watermelon	18	Pizza	18	Ceviche	8
	Apple	13	Pollo a la brasa	5	Pastel de papa con rocoto relleno	7
	Orange	8	Soda	4	Aji de gallina	3
	Avocado	7	Coffee	3	Arroz chaufa	3
	Banana	7	Hotdog	3	Rice with egg	3
	Strawberries	6	Hamburger	2	Adobo Arequipeño	2
	Mango	6	Ice cream	2	Rice with lentils	2
	Pear	6	Potatoes chips	1	Chicharron	2
	Grapes	6	Cake	1	Beef grill	2
	Tangerine	4	Salchipapa	1	Noodle cake	2
	Pineapple	4	Chocolate	1	Noodle with chicken	2
	Carrot	4			Rice pudding	2
	Broccoli	3			Soups	1
	Corn	3			Lomo saltado	1
	Pomegranate	2			Chicha de jora	1
	Egg	2				
	Potatoes	2				
	Cheese	2				
	Water	1				
	Blueberries	1				
	Rice	1				
	Sweet potato	1				
	Coconut	1				
	Vegetable salad	1				
	Kiwi	1				
	Milk	1				
	Lettuce	1				
	Pepino	1				
	Tomato	1				
Cusco	Apple	19	Ice cream	12	Ceviche	4
	Orange	18	Pizza	8	Aji de Gallina	3
	Grapes	18	Snacks	6	Corn and Cheese Rice with egg	2
	Strawberries	16	Pollo a la brasa	4	Fried fish	2
	Banana	9	Soda	2	Chicken Milanesa	1
	Watermelon	9	Chocolate	2	Picante a la Tacneña	1
	Tangerine	7	Yogurt	2	Chicken Salpicon	1
	Carrot	6	Hamburger	1	Green Noodles	1
	Corn	4	Potatoes chips	1		1
	Avocado	4	Salchipapa	1		
	Pepino	4	Cakes	1		
	Broccoli	3	Anticucho	1		
	Potatoes	3				
	Tarwi	3				
	Water	2				
	Granadilla	2				
	Fish	2				
	Pineapple	2				

	Tuna	2				
	Chard	1				
	Blueberries	1				
	Eggplant	1				
	Meat	1				
	Onion	1				
	Custard apple	1				
	Peach	1				
	Salad fruit	1				
	Pomegranate	1				
	Fig	1				
	Lettuce	1				
	Mango	1				
	Bread	1				
	Papaya	1				
	Pear	1				
	Cheese	1				
	Quinoa	1				
	Tomato	1				
	Grapefruit	1				
Moquegua	Apple	24			Ceviche	4
	Watermelon	23				
	Orange	21				
	Banana	18				
	Grapes	14				
	Broccoli	8				
	Strawberry	7				
	Bread	6				
	Tomato	6				
	Avocado	5				
	Carrot	5				
	Egg	4				
	Fish	4				
	Tangerine	3	Pizza	9	Cuy Chactado	3
	Mango	3	Ice cream	5	Rice with egg	3
	Pickle	3	Hamburger	4	Soup	2
	Fruit salad	2	Pollo a la brasa	4	Vegetable broth	2
	Vegetable salad	2	Salchipapa	3	Aji de Pollo	1
			Snacks	2	Arroz Tapado	1
	Tangerine	2	Rice pudding	2	Beef chop	1
	Pineapple	2	Soda	1	Lasagna	1
	Onion	1	Hot dog	1	Locro de Zapallo	1
	Chirimoya	1	Potatoes chips	1	Green noodles	1
	Cherry	1			Roast pork	1
	Granadilla	1				
	Kiwi	1				
	Lettuce	1				
	Lima	1				
	Peanut	1				
	Cantaloupe	1				
	Papaya	1				
	Pepino	1				
	Pear	1				
	Fish	1				
	Cheese	1				
	Cabbage	1				
Puno	Apple	19	Ice cream	11	Ceviche	7
	Watermelon	12	Pizza	11	Queso Frito	5

	Banana	12	Soda	9	Arroz chaufa	4
	Grapes	10	Pollo a la brasa	5	Mazamorra de quinua	3
	Orange	7	Chocolate	4	Salteña	3
	Avocado	8	Potatoes chips	2	Cheese with potatoes	2
	Strawberry	6	Hamburger	1	Chicken Milanesa	2
	Egg	5	Cookies	2	Red Noodles	2
	Quinoa	7	Hot dog	1	Trucha frita	2
	Tangerine	4			Quinoa Pesque	2
	Mango	4			Corn and cheese	2
	Broccoli	3			Rice pudding	1
	Pineapple	3			Estofado de Pollo	1
	Water	2			Lomo Saltado	1
	Cherry	2			Rice with egg	1
	Corn	3				
	Peach	2				
	Fruit salad	2				
	Lentils	2				
	Lemon	2				
	Pepino	2				
	Pear	2				
	Tomato	2				
	Eggplant	1				
	Pumpkin	1				
	Sweet potato	1				
	Meat	1				
	Mushroom	1				
	Beans	1				
	Nuts	1				
	Pomegranate	1				
	Lima	1				
	Cantaloupe	1				
	Potato	1				
Tacna	Apple	17	Pollo a la brasa	14	Noodles	7
	Grapes	7	Ice cream	11	Arroz chaufa	4
	Banana	6	Soda	8	Picante a la Tacneña	4
	Watermelon	6	Cakes	7	Aji de gallina	4
	Vegetable salad	4	Pizza	7	Arroz tapado	3
	Tangerine	3	Potatoes chips	7	Bistec a lo pobre	3
	Carrot	3	Cotton candy	3	Rice with egg	3
	Water	2	Donuts	2	Soup	2
	Rice	2	Flan	1	Ceviche	2
	Beans	2	Hamburger	2	Beef chop	2
	Egg	2	Hot dog	1	Fettuccine with pesto	1
	Lentils	2			Causa rellena	1
	Mango	2			Fried fish	1
	Orange	2			Lomo saltado	1
	Eggplant	1			Chicken Milanesa	1
	Broccoli	1			Battered potato	
	Fruit salad	1				
	Strawberries	1				
	Walnut	1				
	Tomato	1				

Tables S2

Children's responses in classifying foods by department

	Arequipa				Cusco				Moquegua				Puno				Tacna			
	B1	B2	B3	B4	B1	B2	B3	B4	B1	B2	B3	B4	B1	B2	B3	B4	B1	B2	B3	B4
Apple	107	13	0	0	108	10	2	0	112	8	0	0	110	10	0	0	106	14	0	0
Banana	106	14	0	0	86	29	3	2	102	18	0	0	105	15	0	0	102	17	0	1
Grapes	107	13	0	0	112	6	2	0	113	7	0	0	119	1	0	0	106	14	0	0
Orange	119	1	0	0	112	6	2	0	112	8	0	0	119	1	0	0	116	4	0	1
Watermelon	105	14	1	0	106	12	2	0	107	12	1	0	115	5	0	0	111	8	0	1
Corn	108	11	1	0	94	25	1	0	99	20	1	0	103	17	0	0	93	25	1	1
Cabbage	76	43	0	1	78	40	2	0	69	47	2	2	89	31	0	0	72	47	1	0
Carrot	103	17	0	0	91	24	3	2	96	21	1	2	105	15	0	0	93	26	0	1
Broccoli	79	40	0	1	69	48	1	2	93	27	0	0	73	47	0	0	68	50	0	2
Avocado	96	23	1	0	88	29	3	0	98	21	1	0	98	22	0	0	96	24	0	0
Quinoa	85	35	0	0	73	46	1	0	101	18	0	1	100	19	0	1	74	44	0	2
Oat	83	35	1	1	94	25	0	1	98	22	0	0	88	31	0	1	82	36	0	2
Rice	88	21	8	3	107	9	3	1	105	8	2	5	90	16	12	2	96	17	5	2
Almonds	67	51	2	0	74	43	3	0	75	43	2	0	68	49	1	2	66	49	0	5
Peanut	77	38	3	2	89	28	3	0	79	39	1	1	80	37	1	2	81	35	4	1
Nut	56	59	2	3	53	62	2	3	64	52	3	2	64	52	2	2	66	46	3	5
Lentils	85	32	2	1	92	27	1	0	96	22	0	2	102	16	0	2	89	29	1	1
Bean	47	69	2	2	67	49	2	2	64	53	2	1	53	62	2	3	58	58	0	4
Bread	67	17	24	12	45	12	46	17	75	11	12	22	65	17	26	12	63	17	26	14
Egg	73	15	23	9	56	20	30	14	68	12	5	35	71	18	22	9	69	14	28	9
Fish	68	32	12	8	64	41	10	5	80	33	3	5	74	37	5	4	57	47	9	7
Meat	38	17	41	24	54	10	40	16	49	10	15	46	56	15	40	9	29	10	60	21
Pollo a la brasa	12	3	62	44	8	7	70	35	18	6	18	78	12	3	83	23	8	4	84	25
Potatoes chips	1	0	79	40	1	2	78	39	1	1	32	86	0	0	103	17	2	2	99	18
Pizza	2	2	84	33	3	3	84	32	1	1	35	83	0	1	88	31	4	0	84	33
Hot dog	0	0	59	61	1	3	47	70	1	5	49	65	0	0	64	56	3	0	67	51
Burger	1	3	80	37	7	3	63	48	8	4	32	77	1	0	93	26	2	5	84	30
Ice cream	3	0	101	17	10	4	91	16	4	1	11	105	3	0	104	14	3	3	99	17
Candy	0	2	63	55	3	1	61	56	1	5	60	54	0	1	82	37	2	1	72	46
Chocolate	1	5	74	40	5	2	67	46	1	4	35	81	1	2	92	25	0	1	86	33

B: basket, B1: happy face and little angel, B2: sad face and little angel, B3: happy face and little devil, B4: sad face and little devil.

Tables S3

Food selection for breakfast and CSI by parents in southern Peru

City	Food	Frequency	Sum of Ranks	Average Position (Eq.1)	Cognitive Salience Index (Eq.2)
Arequipa	Oat	74	227	3.07	0.21
	Apple	63	166	2.63	0.20
	Bread	56	136	2.43	0.20
	Banana	76	274	3.61	0.18
	Avocado	52	177	3.40	0.13
	Quinoa	42	121	2.88	0.12
	Egg	43	138	3.21	0.11
	Rice	22	52	2.36	0.08
	Corn	18	39	2.17	0.07
	Meat	18	47	2.61	0.06
	Orange	14	31	2.21	0.05
	Grapes	22	87	3.95	0.05
	Almonds	12	30	2.50	0.04
	Broccoli	11	32	2.91	0.03
	Watermelon	3	3	1.00	0.03
	Fish	8	22	2.75	0.02
	Beans	2	2	1.00	0.02
	Walnuts	7	27	3.86	0.02
	Carrot	5	23	4.60	0.01
	Lentils	1	1	1.00	0.01
	Peanut	2	4	2.00	0.01
	Pollo a la brasa	3	11	3.67	0.01
Cusco	Bread	66	186	2.82	0.21
	Oat	52	121	2.33	0.20
	Egg	63	189	3.00	0.18
	Apple	51	130	2.55	0.18
	Quinoa	45	125	2.78	0.14
	Banana	41	120	2.93	0.12
	Avocado	54	215	3.98	0.12
	Orange	40	118	2.95	0.12
	Rice	31	92	2.97	0.09
	Grapes	15	45	3.00	0.04
	Broccoli	15	49	3.27	0.04
	Carrot	13	37	2.85	0.04
	Corn	15	56	3.73	0.04
	Meat	13	47	3.62	0.03
	Almonds	11	36	3.27	0.03
	Fish	7	17	2.43	0.03
	Watermelon	5	10	2.00	0.02
	Beans	5	16	3.20	0.01
	Lentils	5	17	3.40	0.01
	Cabbage	3	12	4.00	0.01
	Pollo a la brasa	3	13	4.33	0.01
	Peanut	2	6	3.00	0.01
	Milk	2	10	5.00	0.00
Moquegua	Egg	83	253	3.05	0.23
	Quinoa	58	125	2.16	0.23
	Oat	71	193	2.72	0.22
	Bread	67	208	3.10	0.18
	Avocado	63	205	3.25	0.16
	Banana	45	114	2.53	0.15
	Apple	45	133	2.96	0.13
	Rice	19	47	2.47	0.07

	Orange	27	98	3.63	0.06
	Fish	18	58	3.22	0.05
	Meat	16	53	3.31	0.04
	Carrot	16	61	3.81	0.04
	Grapes	12	37	3.08	0.03
	Broccoli	13	44	3.38	0.03
	Almonds	11	33	3.00	0.03
	Watermelon	8	27	3.38	0.02
	Corn	7	30	4.29	0.01
	Beans	1	1	1.00	0.01
	Cabbage	1	1	1.00	0.01
	Orange juice	3	15	5.00	0.01
	Fruit salad	2	7	3.50	0.00
	Lentils	2	8	4.00	0.00
Puno	Quinoa	89	183	2.06	0.39
	Bread	72	193	2.68	0.24
	Rice	29	51	1.76	0.15
	Egg	46	130	2.83	0.15
	Apple	47	149	3.17	0.13
	Banana	26	56	2.15	0.11
	Oat	27	71	2.63	0.09
	Meat	31	99	3.19	0.09
	Carrot	22	56	2.55	0.08
	Broccoli	13	40	3.08	0.04
	Avocado	10	31	3.10	0.03
	Corn	5	11	2.20	0.02
	Lentils	3	5	1.67	0.02
	Orange	5	15	3.00	0.01
	Grapes	1	4	4.00	0.00
Tacna	Bread	93	286	3.08	0.26
	Egg	77	218	2.83	0.24
	Oat	63	162	2.57	0.21
	Apple	43	108	2.51	0.15
	Grapes	39	96	2.46	0.14
	Quinoa	27	59	2.19	0.11
	Banana	31	78	2.52	0.11
	Avocado	35	113	3.23	0.09
	Rice	22	51	2.32	0.08
	Orange	21	67	3.19	0.06
	Meat	18	51	2.83	0.06
	Watermelon	14	39	2.79	0.04
	Fish	9	23	2.56	0.03
	Carrot	8	33	4.13	0.02
	Almonds	4	10	2.50	0.01
	Peanut	3	6	2.00	0.01
	Lentils	3	6	2.00	0.01
	Broccoli	4	13	3.25	0.01
	Corn	3	8	2.67	0.01
	Cake	2	4	2.00	0.01
	Hamburger	1	1	1.00	0.01