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| **Table S3 : Results of ordinal logistic regression for confidence to cook questions** |
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| **Cooking confidence** | **OLR odds ratio (robust SE)** | **Confidence intervals** | **Z score** | **P value** |
| Confidence to cook from basic ingredients3 | 3.73 (0.59) | 2.74 -5.08 | 8.37 | p<0.001 |
| Confidence to follow a simple recipe3 | 3.21 (0.55) | 2.29 – 4.51 | 6.76 | p<0.001 |
| Confidence in preparing and cooking new foods and recipes3 | 3.61(0.6) | 2.60 – 5.01 | 7.67 | p<0.001 |
| Confidence that what one cooks will turn out well3 | 3.9 (0.65) | 2.82 – 5.41 | 8.19 | p<0.001 |
| Confidence to taste new foods never eaten before3 | 2.16 (0.35) | 1.57 – 2.95 | 4.79 | p<0.001 |

OLR = Ordinal Logistic Regression. SE = Standard error. Odds ratios refer to the group by time interaction Results obtained using Ologit in STATA 12