

Review of: "Exploring the Relationship Between Dietary Practices and Academic Performance of High School Students in Tamale Metropolis, Ghana"

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Potential competing interests: No potential competing interests to declare.

Suggestions/Comments for the author:

I would like to thank the members of the journal Qeios for giving me the opportunity to review this research article.

To summarize, the author has made a genuine effort to study the association between dietary diversity and academic performance among the students of Ghana. The results of the study align with the objectives of the study; however, the overall justification seems to be weak. Additionally, please check for grammatical errors and references.

Specific comments for each section have been mentioned below:

Title: The title mentions exploring the relationship between dietary practices and academic performance of the students. However, the paper equally talks about socio-demographic characteristics, food purchasing power as a variable to affect diet diversity, and thus academic performance.

Introduction: The format and language of the introduction is casual and without proper flow/sequence. The starting line itself directly jumps upon the factors affecting academic performance without giving a proper establishment.

Materials and Methods: The section has errors in defining the variables. For example, "The higher the score, the more food insecurity (access) the household experienced. The lower the score, the less food insecurity (access) a household experienced. More food insecurity, less accessibility to food."

How can school-going children be 23 years of age?

Was the questionnaire developed by the author?

How was the questionnaire filled by the students?

No mention about the procedure of data collection.

Results and Discussion: The majority of participants enrolled were females (65.5%). Hence, concluding "more girls than boys displayed eating behaviors" is incorrect. When the majority of the households were belonging to the "moderate" category and household size was more than 7, how was dietary diversity high among students? The students also

skipped meals, especially breakfast, and mostly consumed staples. Is it appropriate to say that this can have a positive impact on academic performance? The results are contradictory and confounding. A proper interpretation is required to present the results correctly.

I request the author to modify the manuscript accordingly.

Thank you.