

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.

Dear Authors,

Your article presents a comprehensive exploration of the relationship between dietary practices and academic performance among high school students in Tamale Metropolis, Ghana. Below is a review and areas for improvement in the article, focusing on its strengths, potential areas for improvement, and overall clarity.

Introduction Structure: While the introduction provides a broad overview of factors affecting academic performance, it could benefit from a more concise and targeted focus on the core topic of dietary diversity and academic outcomes. Some of the references to broader socioeconomic factors could be streamlined or incorporated into the discussion section.

Literature Review: Although the article references various studies related to the topic, the literature review lacks depth. More recent studies on dietary diversity and academic performance, especially from Africa or other developing countries, would strengthen the context. Including a few more specific examples from similar studies would provide a more solid foundation for the hypotheses.

Clarification of Research Variables: The article briefly mentions that dietary diversity impacts subjects like English and social studies but does not offer enough discussion on why dietary diversity might not significantly affect performance in subjects like mathematics and science. A deeper exploration of potential confounding factors (such as the cognitive demands of different subjects) would help clarify these findings.

Limitations: The study's limitations are not explicitly discussed. Factors such as self-reported dietary intake and academic performance data might introduce biases. A section acknowledging these limitations and suggesting areas for future research would strengthen the credibility of the findings.

Visuals and Data Presentation: The article does not include figures, graphs, or tables to visually present key findings. Including such visuals—like graphs depicting the relationship between dietary diversity and academic scores or tables showing detailed socio-demographic data—would improve readability and make the data more accessible to the audience.



Thank you for the opportunity to review this article. Best of luck.