

Review of: "Consumption of Beverages among Secondary and Intermediate Students in Riyadh Schools, Saudi Arabia: A cross-sectional study"

Colette Khabo-Mmekoa¹

¹ Tshwane University of Technology

Potential competing interests: No potential competing interests to declare.

The study effectively assesses beverage consumption among adolescents in Riyadh, highlighting the critical role of hydration amid extreme temperatures. The abstract clearly presents the importance of the research and its implications for improving hydration practices. The introduction provides a solid background, supported by relevant literature. The "Materials and Methods" section is well-structured, detailing the study's design, participant selection, and ethical considerations. The results, now clearly tabulated, emphasize the need to increase tap water consumption and address beverage intake shortfalls. The study is well-presented overall, and the improved article is ready for publication.