

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.

Abstract Section

The first sentence, which reads "There is a strong emphasis on achieving optimal health through nutrition by students," is controversial. It is not clear who is placing the emphasis. The evidence available in the literature does not agree with the claim that adolescents place emphasis on nutrition.

The conclusion in the abstract section has not been properly reported – "In conclusion, dietary diversity impacts the reading scores of students." English has a subject is not only about reading; the study did not examine the reading skills of students, rather it examined their academic performance.

The article has been poorly written, and it does not have a good flow and readability. The author(s) were not coherent in building the background and justification for the study.

Ethical Considerations

Were the consent forms signed by the students or parents? This is of concern for students who have not reached the adult decision age.

Results

A percentage of 43.7 cannot be referred to as most - "It was also revealed that most of the respondents (43.7%) came from larger households (Table 1)."

Authors have not controlled for confounding factors that could contribute to the observed result stated as "The dietary diversity of the students was significantly and positively correlated with the student's academic performance in English language and social studies." The level of education of the parents could have contributed to the students' performance in English.

Author(s) have not used scientific terms adequately. For instance, in the discussion section, under dietary practices of students, the following sentence can be improved upon: "Since adolescents require a varied diet fortified with micronutrients to prevent the depletion of bodily reserves, higher food diversity is a good sign."

Recommendations

English language editing is necessary.

The introduction needs to be improved upon. Each paragraph can focus on 1-2 points, and the issues discussed in each paragraph should have meaning with no repetitions.