

Peer Review

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

Chidinma Madu¹

1. Duke University Health System, Durham, United States

The article "Exploring the Relationship Between Dietary Practices and Academic Performance of High School Students in Tamale Metropolis, Ghana" is a well-structured, data-driven study that explores how dietary diversity influences students' academic outcomes. The use of a cross-sectional analytical design and a sizable sample (n=800) lends credibility to the findings. The results show significant correlations between higher dietary diversity and better performance in English and social studies, though not in math or science. While the research adds local relevance to the global nutrition-education discourse, it could be strengthened by a deeper examination of confounding factors (e.g., teaching quality, parental involvement) and intervention-based recommendations.

Declarations

Potential competing interests: No potential competing interests to declare.