

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.

Below are my suggestions for revision, which I believe will enhance the clarity and impact of the manuscript:

Clarification of Results and Theoretical Linkages:

- Consider expanding on why dietary diversity shows a significant relationship with English and social studies performance but not with mathematics and science. Discussing potential cognitive or educational theories that may explain this selective impact could provide a more comprehensive understanding of your findings.

Deeper Analysis of Socio-demographic Factors:

- In section 4.1, the gender differences in dietary practices and food security are intriguing. It may be beneficial to delve deeper into the cultural, economic, or social reasons specific to the region that might explain why females experience greater food insecurity. Additionally, discussing the implications of these findings on gender-specific educational or nutritional policies could add depth to your analysis.

Enhanced Discussion on Meal Skipping:

- In section 4.2, while the reasons for meal skipping are well-documented, linking these behaviors to specific academic or health outcomes could enrich the discussion. For example, how might skipping breakfast affect students' cognitive functions during morning classes?

Food Insecurity and Academic Performance:

- It would be useful to explore the relationship between food insecurity scores and academic outcomes across different subjects more explicitly. This could help in understanding if food insecurity affects all academic areas uniformly or is more detrimental to certain subjects.

Visual Representation of Data:

- Incorporating graphs or charts that visually depict the relationships between dietary diversity and academic performance could make your results more accessible and impactful for readers. Visual aids are particularly effective in enhancing the comprehensibility of complex data.

Practical Recommendations:

- The conclusion would benefit from specific, actionable recommendations for policymakers, educational institutions, and families based on your findings. What practical steps can be taken at these various levels to improve the dietary practices of students?

Future Research Directions:

- While you mention the need for further research, providing specific suggestions about what aspects of dietary practices or academic performance future studies should explore would be helpful. Perhaps suggest a longitudinal study to investigate causality or interventions that could improve dietary habits and, by extension, academic performance.

Limitations and Methodological Considerations:

- A critical examination of the limitations of your study, such as the potential biases in self-reported data and the cross-sectional nature of the study, would be valuable. Discuss how these limitations might affect the interpretation of your findings and suggest ways future research could address these issues.