Reviewer’s report

Title: Relationship between breakfast consumption, BMI status and physical fitness of Ghanaian school-aged children

Version: 3 Date: 07 May 2019

Reviewer: Barbara Ann Lohse

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NUTN-D-18-00209R3

The paper still has several grammatical problems as well as punctuation and writing problems. For example, in the abstract alone I see the authors don't use ± for SD but just +; sometimes centimetres is used and sometimes cm; scores ….was, when it should be scores….were; descriptive statistics was conducted (page 7, line 17); 1.1 ±0.9 vs 1.0±1.1±0.6 ???. There are literally too many issues to comment on.

The abstract conclusion is a non-conclusion—everything has some association (big, small, positive, negative) so saying the study reveals associations between breakfast consumption, anthropometry etc… doesn't really say anything.

A reference is needed for statements: page 3, line 49; page 13, line 26; page 15 line 7;

Why was a partial correlation used? What was controlled for?

The Discussion needs major reorganization and more careful construction of ideas. For example the authors contend that BMI may be normal more frequently here because of the active means of commuting to school, yet they do not show at all that this was measured in any way. Opinions are not appropriately supported. I found the discussion to be skipping from topic to topic and literally hard to follow.

How breakfast consumption data were obtained is not included in the methods—only in the discussion do they note it was self reported. What evidence is there that this question was understood and accurately answered? No validation work is described.

The added work on the limitations is verbose and doesn't seem to be written for the manuscript but rather for the reviewer.

Page 16, line 16. What do you mean - argue a case for bi-directionality. Say what you mean. This is very unclearily presented.
Are the methods appropriate and well described?
If not, please specify what is required in your comments to the authors.

No

Does the work include the necessary controls?
If not, please specify which controls are required in your comments to the authors.

Unable to assess

Are the conclusions drawn adequately supported by the data shown?
If not, please explain in your comments to the authors.

No

Are you able to assess any statistics in the manuscript or would you recommend an additional statistical review?
If an additional statistical review is recommended, please specify what aspects require further assessment in your comments to the editors.

I am able to assess the statistics

Quality of written English
Please indicate the quality of language in the manuscript:

Not suitable for publication unless extensively edited

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