Reviewer’s report

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

Version: 3 Date: 08 May 2019

Reviewer: Reviewer 2

Reviewer's report:

PEER REVIEWER ASSESSMENTS:

OBJECTIVE - Full research articles: is there a clear objective that addresses one or several testable research questions? (Brief or other article types: is there a clear objective?)

Yes - there is a clear objective

DESIGN - Is the current approach (including controls and analysis protocols) appropriate for the objective?

Yes - the approach is appropriate

EXECUTION - Are the experiments and analyses performed with sufficient technical rigor to allow confidence in the results?

Yes - experiments and analyses were performed appropriately

STATISTICS - Is the use of statistics in the manuscript appropriate?

Yes - appropriate statistical analyses have been used in the study

INTERPRETATION - Is the current interpretation/discussion of the results reasonable and not overstated?

Yes - the author's interpretation is reasonable

OVERALL MANUSCRIPT POTENTIAL - Has the author addressed your concerns sufficiently for you to now recommend the work as a technically sound contribution? If not, can further revisions be made to make the work technically sound?

Yes - current version is technically sound
GENERAL COMMENTS: This is a much-improved version of the manuscript. The authors have made a good effort to address the reviewers' comments. However, I believe the manuscript would benefit of few additional amendments (minor), before it is fully accepted for publication.

ADDITIONAL REQUESTS/SUGGESTIONS:

Please consider making the following amendments:

Page 4, Line 21 - Please change "subjects" to "participants" here and throughout the manuscript.

Page 4, Line 27 - I suggest removing the sentence: "and in each school, all primary five children in the required age range were included" as this is not accurate as you had exclusion criteria (not wanting to participate, injury and illness). I suggest removing it.

Page 5, Line 20 - Please write in full BMI for age - BFA as it is the first time it appears in the text. And do not present again in Line 25.

Page 5, Line 42 - Please remove "made" and leave as "measurement was in kilograms".

Page 6, Line 17 - Instead of "starter" could you perhaps say "researchers"

Page 6, Line 19 - Please change to "stopwatches" (together)

Page 6, Line 28 and 29 - Please write 5 and 8 in full (i.e. five, eight)

Page 7, Line 49 - You stated that "Thinness was more prevalent in boys than girls whilst a higher percentage of girls were overweight compared to boys" but please spell out if this was statistically significant or not.

Page 14, Line 20 - Please state the name of the author here "Sallis" rather than ref number 23.

Page 15, Line 26 - You now have a sub-session about limitation and the use of self-reported measurements was stated there. Therefore, I suggest removing the sentence "Breakfast consumption was self-reported and that may also influence the findings" in here.
Are the methods appropriate and well described?
If not, please specify what is required in your comments to the authors.

Yes

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

Yes

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

Yes

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:

Acceptable

Declaration of competing interests
Please complete a declaration of competing interests, considering the following questions:

1. Have you in the past five years received reimbursements, fees, funding, or salary from an organisation that may in any way gain or lose financially from the publication of this manuscript, either now or in the future?

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5. Do you have any other financial competing interests?

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