Reviewer’s report

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

Version: 4 Date: 06 Aug 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?

No - there are minor issues

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?

Probably - with minor revisions
PEER REVIEWER COMMENTS:

GENERAL COMMENTS: It is clear that the authors put a lot of effort to improve the manuscript in this version. However, there are still some points to consider, especially on providing more emphasis on the data and findings associated with the aim of the study - Relationship between breakfast consumption, BMI status and physical fitness.

REQUESTED REVISIONS:
Abstract
The results session is quite detailed in respect to the descriptive data but very brief information is provided on the data related to the aim of the study (i.e. Relationship between breakfast consumption, BMI status and physical fitness). The authors should detail the relevant data and synthesise the secondary outcomes (i.e. descriptive).

Although I agree with this statement: "Nutrition interventions should target school-aged children as issues observed in this age may perpetuate to adulthood." This does not relate to your findings, as breakfast consumption was not associated with weight or fitness.

Page 5, Line 20 - Please change "made" to "asked"

Page 6, Line 16 - do not capitalise "hand grip".

Page 7, Line 14 - Can you justify in here why only five out of eight fitness tests were performed?

Page 7 Lines 23 to 29 - "Association between physical fitness and weight status" The information under this heading should be included in the statistical analysis.

Page 7, Line 30 - The heading here should be "Breakfast consumption" only. The last sentence: "The associations between breakfast consumption…” should be in the statistical analysis rather than in this subheading.

Page 19, Line 19 - The association between breakfast and BMI is only mentioned here, towards the end of the discussion. This is not expected, and the authors should have mentioned this much earlier in the discussion considering the title and aim of the study (i.e. Relationship between breakfast consumption, BMI status and physical fitness). In addition, the association between breakfast and physical fitness was not discussed.

ADDITIONAL REQUESTS/SUGGESTIONS:

This was mentioned earlier.
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.

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:

Acceptable

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

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