Reviewer's report

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

Version: 4 Date: 02 Aug 2019

Reviewer: Reviewer 3

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
PEER REVIEWER COMMENTS:

GENERAL COMMENTS: The authors have done a great job improving the paper based on previous reviewer comments. It appears that they took the comments seriously and essentially re-wrote the paper. Currently, I feel the paper is well written, the objective clearly stated, the methods are adequately detailed, and the authors include a sufficient discussion section.

ADDITIONAL REQUESTS/SUGGESTIONS:

1) Please change BMI for Age (BFA) to simply, body mass index (BMI). BMI, BMI z-score, etc are widely used and most likely will be more intuitive by the reader vs BFA.

2) Tables: Please keep units in the text (i.e., hand grip (kg)). It is helpful for the reader to know what the value is for the mean and SD."

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?

2. Do you hold any stocks or shares in an organisation that may in any way gain or lose financially from the publication of this manuscript, either now or in the future?

3. Do you hold or are you currently applying for any patents relating to the content of the manuscript?

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5. Do you have any other financial competing interests?

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