

# What's Wrong with Liking Pizza?



My parents are worried that I eat too much fast food. When I go out with my friends, we like to eat pizza sometimes. It tastes good and I think it's pretty healthy since it has lots of good ingredients. It has bread and cheese and meat and lots of vegetables, so it includes four of the five basic food groups. Eating pizza, then, is a very efficient and delicious way of getting a balanced diet.

I also think that it is very monotonous to eat the same kinds of food every day. Japanese cooking does not have much variety. Most food I eat at home is either just very bland or it all tastes like seaweed. But pizza is different than sushi; and the different kinds of pizza are also different from each other. So I don't understand what all the fuss is about. I eat ordinary dishes most of the time, but sometimes I like a change.

Source: Teen Talk 1

## Vocabulary

fast food  
ingredients  
efficient  
monotonous  
variety  
bland  
fuss  
balanced diet

## Comprehension Check

1. What is the parents' concern?
2. Why does the person speaking think eating pizza is good?
3. How often does she eat pizza?
4. Who does she usually eat it with?
5. What are the four food groups in a pizza? Do you know which one is absent?
6. According to the speaker, how does Korean food taste?
7. Do you think that variety or health is the main concern of the speaker?