**1** Look. What do you think the article is about? _____

**2** Read. Circle the theme of the article.

   a  food labels

   b  leftovers

   c  processed food

**Reading Strategy:** Identifying Author's Purpose

When you read a text, it's important to identify the writer's message.

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# Pizza for Breakfast?!

Have you ever eaten cold pizza for breakfast? Some people think pizza tastes better the day after you make it. Why do some leftovers — but not others — taste better the next day?

Well, some foods keep better than others. Cold can damage many fruits and vegetables, like bananas, lemons, and tomatoes. And fresh foods, like vegetables and lettuce, don't stay fresh after you cut them. Being out in the air makes them spoil. Rice and seafood don't keep very well, either. Bacteria inside them can start to grow, so eating these foods when they are old can make you sick.

But some cooked foods, like stews, curries, and chili con carne, can taste better the next day — and even better two days later. These foods usually contain onion, garlic, and herbs or spices. When you cook, these ingredients react with protein in the food. They give the food its flavor. They can continue to add flavor while the food is cooling, and even in the refrigerator.

Scientists think pizza tastes better the next day because the tomatoes stop water from getting into the crust. Also, fat and water do not mix. The fat in the cheese helps it to stay separate on top — and the whole thing still tastes yummy!

So, the next time you make too much food, what will you do? Think before you throw it away. You could have tasty leftovers for breakfast, lunch, or dinner. Just remember these simple rules to stay safe:

- Cool leftovers for no more than two hours if possible. Then, put them in the refrigerator.
- Only reheat leftovers once.
- Use your leftovers in two or three days.

You can also make your leftovers into something else! Why not try these simple recipes?

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