

Dictation Contest (PRJr, 初級) No. 1049

Hello, everyone! Welcome back to PR Junior.

Take a listen to a story called *Pirate Adventure*. Let's begin

Biff was looking at a book. The book was about pirates. "I don't like pirates," she said.

Wilf and Wilma came to play. They went to Biff's room and saw a little house and a key.

"It's a magic house," said Biff.

"It's a magic key," said Chip.

"Don't be silly," said Wilf.

The key began to glow. The magic was working. "Oh help!" said Wilma.

That's all for today. Let's continue in the next video. See you!

Dictation Contest (PR 1, 中級) No. 1049

Hello, my PR1 friends!

Lately I have been craving castella cakes. They are a popular dessert in Japan, so let's study about them today!

Castella came to Japan by Portugese missionaries during the 16th century. Castella cakes were perfect for trading because they could be stored for longer durations – remember, the journey from Portugal to Japan by sea was extremely long. In Portugal, they were called Pao de Lo, but were introduced to the Japanese as Pao de Castella, which means "bread from Castille." Castille is a region in Spain, by the way. That is why we call these cakes "Castella" in Japan.

Well, I hope that was an interesting episode for you! It certainly made me crave castella even more. Well, I will see you all next time!

Dictation Contest (PR2 上級) No. 1049

Hi, everyone! Today, I am going to talk about how ultra-processed food might be affecting our health negatively.

A study published in the British Medical Journal finds people who consume high amounts of ultra-processed foods have an increased risk of anxiety, depression, obesity, metabolic syndrome, certain cancers including colorectal cancer, and premature death. The data come from more than 9 million people who participated in dozens of studies, which researchers analyzed as part of umbrella review. "Taking the body of literature as a whole, there was consistent evidence that regularly eating higher – compared to lower – amounts of ultra-processed foods was linked to these adverse health outcomes," says study author Melissa Lane, of Deakin University in Australia.

Ultra-processed foods are abundant in our food supply. Among the most common are highly refined breads, fast food, sugary drinks, cereals, cookies, and other packaged snacks. They are often high in salt, sugar, fat, and calories and low in fiber and micro-[nutrients] such as vitamins.

One telltale sign that a food is ultra-processed is if its ingredient label includes substances you would not find in your own kitchen, such as high-fructose corn syrup, hydrogenated oils, hydrolysed protein, or additives such as artificial colors, flavor enhancers, emulsifiers, anti-caking agents, and thickeners. The observational studies do not actually prove that consumption of ultra-processed foods can cause anxiety, cancer, or other health conditions. These studies point to associations, not causation. But at a time when diet is a leading cause of chronic disease, it adds to a growing body of evidence that ultra-processed foods contribute to the development of these conditions.

That's it for today! See you!