

Dictation Contest (PRJr, 初級) No. 1026

Hi, everyone! Welcome back to PR junior.

Take a listen to the response email from Jenny. Let's begin!

I was worried. I hope you feel better now! Mr. Frank talked a lot about animals in class. You can borrow my notebook, but I have a better idea. Let's study together after school tomorrow or on Thursday. We can study at my house.

Looking forward to your reply.

That's all for the video. See you!

Dictation Contest (PR 1, 中級) No. 1026

Hello, everyone! Welcome back to PR 1!

Today I will talk about smartphones. Let's begin!

Parents want their kids to be safe. Are teenagers safer with a mobile phone or without? Many parents want their children to have a phone so that they can be in contact at any time or in any place. On the other hand, for lots of parents a phone is a source of possible danger. Parents worry that their child may meet the wrong kind of 'friends' on social networking sites or that they might receive cruel messages from school bullies. Some parents have rules about their child's mobile phone and internet usage and bad behaviour can result in removal of mobile privileges.

That's all for today! See you!

Dictation Contest (PR2 上級) No. 1026

Greetings, everyone! Are you eating well? I sound like a mom, but nutrition is one of my core interests in academia, so I hope your body is receiving all the nutrients it deserves. Today I had a question for myself: what is the difference between a regular tomato and a sundried tomato? Let's find out together!

Sundried tomatoes are rich in vitamins, minerals, and antioxidants. They have a particularly high concentration of lycopene, a powerful antioxidant.

There has been a lot of interest in lycopene's potential benefits as an antioxidant. Some early research shows it may help protect your skin from the sun. Other studies show that lycopene may lower the risk of certain cancers, including esophageal and pancreatic cancer.

When it comes to getting the biggest lycopene bang for your buck, sundried tomatoes have a higher bioavailability of lycopene than fresh or canned tomatoes. Bioavailability is the amount of a substance that can enter your circulation and have an active effect.

Sundried tomatoes are also abundant in Vitamin C, which prevents serious complications caused by the common cold, pneumonia, and lung infections. Adequate Vitamin C is inevitable for a healthy immune system too, which could often r- which could often weaken due to stress.

In addition, just 100 grams of sun dried tomatoes contain 40% of your daily recommended intake of dietary fiber, which helps with constipation.

Anyways, I hope this motivates you to try sundried tomatoes in the near future! Take care, and see you next time!