

Dictation Contest (PRJr, 初級) No. 1105

Hi, everyone! Welcome back to PR Junior!

Do you have siblings? Today's topic is "Very different".

Kevin and his sister look very different.

He has brown eyes, and she has blue eyes.

They both have brown hair, but he has short, curly hair and she has long, straight hair.

He is tall and heavy. She is short and thin.

He doesn't look like his sister. They look very different.

This is all for today. Bye!!!

Dictation Contest (PR 1, 中級) No. 1105

Hi, everyone! Welcome back to PR1!

Today, I am going to give basic information about hedgehogs.

Hedgehogs are small mammals that live in the wild in Europe, Africa, Asia, and New Zealand. They are sometimes kept as pets. Hedgehogs are found in deserts, forests, grasslands, marshes, and gardens. They spend the day sleeping under leaves or in holes. They come out at night to eat insects, slugs, spiders, small reptiles, and fallen fruit. The hedgehogs called spiny hedgehogs have thousands of sharp spines on their bodies. Spines cover everything except the underside, legs, face, and ears. The spines are cream colored with bands of brown and black. When threatened, spiny hedgehogs curl into a ball so that only their spines are showing. The spines keep most animals from harming the hedgehogs.

That's it for today! See you!

Dictation Contest (PR2 上級) No. 1105

Hi, everyone! Welcome back to PR 2!

Today I will talk about the myth of comfort food. Let's begin!

Often people try to influence their mood by eating comfort foods like ice cream, pizza, or mac 'n' cheese. The problem, experts say, is that while those foods typically offer a tantalizing combination of fat, sugar, salt, and carbs that make them hyperpalatable, they can actually make us feel worse.

A series of studies were conducted to determine whether a person's preferred comfort food improves their mood.

The participants watched film clips that were known to elicit anger, hostility, fear, anxiety, and sadness. After the film, the viewers filled out a "negative mood" questionnaire to indicate how they were feeling. Then they were given a heaping portion of their favorite comfort food, a food they liked but didn't view as a comfort food, a "neutral" food – an oat and honey granola bar – or no food at all. Everyone had three minutes alone to eat their food, or sit quietly. After the break, they filled out the mood questionnaire again.

Whether a participant ate comfort food, any food, or no food didn't make a difference in the person's mood. The factor that seemed to matter most was the passage of time.

Dr. Mann said, "People believe in comfort food, and they are giving it credit for mood improvements that would have happened anyway."

That's all for today! See you!