

Dictation Contest (PRJr, 初級) No. 10

C: Tomo, how's the weather today?

T: It's raining so hard!

C: Yes, it's raining and it's windy. Tomo, did you bring an umbrella today?

T: Yeah, I did. What about you?

C: Yes, I brought an umbrella and I wore rubber boots.

T: Oh, I don't have any rubber boots.

Dictation Contest (PR1, 中級) No. 10

I: Hey, Tim. How long does it take you to come to work?

T: It takes about thirty minutes.

I: Oh. Where do you live?

T: I live in Hibarigaoka.

I: Where about is that?

T: It's on the Seibu Ikebukuro Line. So I have to take the Seibu Ikebukuro train to Akitsu Station, and from Akitsu Station I have to walk to Shinakitsu Station. And from Shinakitsu Station I take the Musashino Line down to Nishikokubunji, and at Nishikokubunji Station I change to the Chuo Line and go one stop to Kunitachi.

I: Okay. That sounds pretty complicated.

T: Yeah, I guess. But, I'm used to it now. How about you? How long does it take you to come to work?

I: Oh, no, no, no. I live in this building.

T: Oh, really?

I: Yeah, but don't tell anybody.

Dictation Contest (PR2,上級) No.10

Hana: Hey girl

Yukana: Hey Hana, um, do you think I'm fat?

Hana: Fat? No way, why are you saying this?

Yukana: Because I've been eating so much chocolate these days and I think it's bad for my health.

Hana: Yeah, well you'd think so, but the interesting thing is, I was reading this article that says that chocolate is actually good for your health.

Yukana: Really?

Hana: Yeah. I'll read it out to you. So here it is. These are a few benefits of eating chocolate. So, first of all, it's mineral rich. Dark chocolate is packed with beneficial minerals such as potassium, zinc and selenium, and a 100g bar of dark chocolate provides 67 per cent of the RDA of iron. Two, It reduces cholesterol.

Consumption of cocoa has been shown to reduce levels of "bad" cholesterol and raise levels of "good" cholesterol, potentially lowering the risk of cardiovascular disease. Three, It can help you lose weight. Lose weight! Neuroscientist Will Clower says a small square of chocolate melted on the tongue 20 minutes before a meal triggers the hormones in the brain that say "I'm full", cutting the amount of food you consume. So, there we go.

Yukana: You mean, the more chocolate I eat, the skinnier I'll get!

Hana: Uh, well, not exactly, but...maybe!

Yukana: This is so cool! This is amazing!