

Dictation Contest (PRJr, 初級) No. 1106

Hey, everyone! Welcome back to the PR Junior dictation challenge!

How much Japanese history do you know? Do you know a lot about history?

If you learn about history, you can learn about a lot of people. It is very important to learn.

The more you know, the more you can talk about. You can also tell your friends about so much history. Please continue to learn! Thank you!

Dictation Contest (PR 1, 中級) No. 1106

Hello, everyone! Welcome back to PR1!

Today I will talk about a fruit called durian. Let's begin!

Durian is a sweet and creamy fruit that can be enjoyed in many Southeast Asian dishes. They are a popular snack in Asia and are sold at markets and in some hotels across the area. It can be made into a variety of different foods, like candies, sauces, curries, and desserts. It has a unique taste. Some people like it, while others do not. It is known for its distinct smell and flavor. It is large, and it is often over 1.5 kilograms each. It is called the king of fruits, and when you eat it, it is very delicious.

That's all for today! See you!

Dictation Contest (PR2 上級) No. 1106

Hi there! Welcome back to PR2.

This is the second part of the article about the sense of hearing in eating. Take a listen!

For the study, the researchers wanted to test whether the sounds of eating – chewing, chomping, and crunching – had any effect on how much a person ate. During the experiments, the test subjects wore headphones and listened to noise at either a high or low audio level. Then researchers gave them a crunchy snack: pretzels. The study found that subjects who listened to the higher volume noise ate more pretzels than those with the volume- sorry, ~~and~~ than those with the low audio levels.

Elder says that when hiding the sounds of eating, like when you watch television or listen to loud music while eating, you take away the sense of hearing. And this may cause you to eat more than you would normally.

The researchers are calling this the “crunch effect”. The researchers admit that the effects may not seem like much at one meal. But over a week, a month, or a year, all that food can really add up.

But besides not overeating, there is another upside. Hearing the noises of your meal as you eat could help you to be more mindful of the experience and perhaps help you to enjoy it more.

And that’s the end of the article. I hope you enjoyed it. See you in class!