

**Dictation Contest (PRJr, 初級) No. 649**

Hello, everyone! Welcome back to PR Junior.

Today, I am going to read an email from Rika to Suzumi's Cake Shop. Take a listen:

Dear Suzumi's Cake Shop,

Hello. My name is Rika. I'm in the baking club at Tokyo Junior High School. I heard about the baking class at your shop. My class wants to join it. Can you tell me more about it?

Thank you,

Rika

Well, that's all for today. See you next time! Bye-bye!

**Dictation Contest (PR 1, 中級) No. 649**

Hello, everyone! Welcome back to PR1!

Today, you are going to learn about healthy eating. Let's begin!

Food is a basic part of living and growing. It gives your body the energy it needs to work. It also gives your body important nutrients – the things that help your body grow and become stronger. You need different kinds of nutrients, such as carbohydrates, fats, vitamins, minerals and proteins. Your body gets carbohydrates from foods like cereal, bread, pasta, rice, fruit, and vegetables. Your body gets fats from margarine, butter, and sweets. Proteins are found in dairy products like milk, cheese, and yogurt but also in meat, fish, eggs, and beans.

However, you do not need all the nutrients in the same amounts. Your body needs a lot of carbohydrates but not much fat. To have a balanced diet, it will be useful to find out how many servings of each food you need every day.

That was all for today! Bye-bye!

Dictation Contest (PR2 上級) No. 649

Hey, guys! How are you doing?

Hope you're all still staying healthy and safe.

Now, I have another news story here that's about– well, what topic area do I always choose to read about if given the chance? That's right, you guessed it – it's dinosaurs!

Wahayyy– let's go:

Tyrannosaurus Rex possessed awe-inspiring bite force, with the huge meat-eating dinosaur's bone-crunching chomp estimated to pack about 3,600 kilograms of might – about equal to the weight of three small cars. The bite strength was aided in T-Rex and other large predatory dinosaurs by an intriguing evolutionary modification in the skull, with the eye socket becoming elliptical, or keyhole-shaped, rather than circular, according to a study published on August 11<sup>th</sup>. The study used computer simulations to show that a skull with a circular eye socket was more vulnerable to high stresses during biting.

Ah, I see! That's very interesting. So, it turns out that an evolution in the eye socket is what helped that T-Rex bite through that car in that famous documentary that was totally factual and not made up at all that you may or may not have seen. Ah yes, fascinating indeed!

Alright, guys, well, until next time – and as always – study hard, stay safe, and I'll see you soon.