

Dictation Contest (PR Jr, 初級) No. 739

Hi, everyone! Welcome to PR Junior.

Today I will read the story of the lion and the mouse. Have you ever heard about it? Let's start!

Once when a lion, the king of the jungle, was asleep, a little mouse began running up and down on him. This soon awakened the lion, who placed his huge paw on the mouse, and opened his big jaws to swallow him.

How can it be this scary since the beginning! Let's continue the story next time, bye-bye!

Dictation Contest (PR 1, 中級) No. 739

Hello, everyone! Welcome back to PR1.

Today, I will tell you the content of an email received by Kyosuke. Let's begin.

Dear Kyosuke,

Thank you for your help during my stay in Japan. Going to the sea with you is a special memory. I learned very much about Japanese culture. Also, I was very happy because I had good classmates and they always helped me. They were very kind to me and taught me about Japan. After returning to my country, I learned how to cook okonomiyaki from my host family. Yesterday, I cooked it for some of my friends. When they ate it, they said, "It's delicious. Thank you, Yukari." I was glad to hear that.

Have you ever done something good for someone? Please tell me about it.

Yours,

Yukari

That's all for today. See you next time!

Dictation Contest (PR2 上級) No. 739

Hi, guys! Welcome back to PR2.

Today, you are going to listen to a story about Black and White pepper.

Some recent studies have increased our understanding of the role of spices in helping us live longer. There are a variety of spices in the world, but most likely you are familiar with two of them – black and white pepper. Black and white pepper both come from the fruit of the same pepper plant. However, they are processed differently. Black pepper is made from the unripe fruit of the pepper plant. Each piece of the fruit looks like a small green ball. The harvested fruit turns black when it is dried under the sun. On the other hand, to get white pepper, the pepper fruit is harvested when it is cherry-red. The skin of the fruit is removed before sun-drying. The color of the seed inside the pepper fruit is white. This is how white peppers are processed. White pepper is usually more expensive than black because there are more steps in processing it.

Historically, people have used pepper [as] a folk medicine. For instance, it was a popular remedy for coughs and colds. The health effect of pepper is partly caused by piperine. Like vitamin C, piperine is a potent antioxidant. This means that, by eating foods including this compound, we may prevent harmful chemical reactions. Furthermore, recent studies have found that pepper reduces the impact of some types of illnesses. All spices that include piperine have this effect on a person's body. Both black and white pepper have the same health benefits.

That is all for today, bye-bye!