

Dictation Contest (PR Jr, 初級) No. 758

Hi, everyone! Welcome back to PR Junior.

Today's movie is about a trip to the zoo. Let's get started

Giulia: Hi, Ivo. I'm thinking about going to the zoo next week. Would you like to join me?

Ivo: Sounds fantastic! I love animals. When are you planning to go?

Giulia: On Sunday.

Ivo: Will the zoo be open on Sunday?

Giulia: I'm not sure. Let's check on the Internet.

Alright, this is all for today.

See you in the next movie. Bye-bye!

Dictation Contest (PR 1, 中級) No. 758

Hello, everyone! Welcome back to PR1.

Today, we will talk about terrible weather and how people survive in these weathers.

People in different parts of the world have found many ways to live with extreme weather. A good example is the places in the world that experience tropical storms. People living in these places build strong foundations for buildings to withstand strong winds.

They also build living areas high above the ground to avoid floods. Storms can also cause huge waves, so cities close to the ocean can be shielded with big sea walls called levees.

So, that's how people in areas with many tropical storms cope with the weather.

That's it for today, and we'll talk about life in cold places in the next movie. See you guys!

Dictation Contest (PR2 上級) No. 758

Hello everyone! Welcome back to PR2. Today we will learn about tomatoes—I'm well aware that a certain group of people do NOT like tomatoes, especially raw ones. However I am convinced that this reading will make you appreciate them a little more than before. So let's dive right into it!

Technically, tomatoes are a fruit. They are packed with lycopene and other nutrients including potassium, vitamins B and E, and more. Now, you may wonder what lycopene is. They are antioxidants that fight "free radicals." These are damaging to one's immune system as they attack our cells. Therefore tomatoes help prevent lung, stomach, or prostate cancer. Other studies show that lycopene also prevents the disease in the pancreas, colon, throat, mouth, breast, and cervix. Pretty amazing what a small molecule can do!

Don't be too surprised yet—lycopene can also help lower LDL levels as well as blood pressure, contributing to a healthy heart.

So now, I'll teach you some easy ways to eat tomatoes!

First off is a classic Caprese salad. On a plate, layer some buffalo mozzarella cheese, tomato slices, olive oil, and basil. You can also add more flavor with salt and pepper. The cheese and the olive oil are great companions when maximizing lycopene absorption.

If you prefer your tomatoes to be cooked, I suggest you try marinara sauce. It is widely known that canned tomatoes contain more lycopene compared to raw ones, so they are the perfect ingredient for sauce making.

Moreover, if you are more Mexican than you are Italian, I suggest you make salsa. It is usually served cold (as far as I know), and contains jalapenos and chili.

Okay folks--that is it for today! Bye bye!