

Dictation Contest (PRJr, 初級) No. 799

Hello, my dear PR Junior listeners!

Have you ever wondered why your stomach growls when you're hungry?

Today, I will teach you why.

The noise comes from our gut muscles. They squeeze the food in our bellies, which makes a growling sound. It is a normal part of digestion, so don't worry!

My stomach sometimes growls when I'm at Inter TOMAS, but please ignore it!

Okay, that's all for today. Good job, and see you!

Dictation Contest (PR 1, 中級) No. 799

Hello, everyone! Welcome back to PR1.

Today, we'll take a look at some of the efforts scientist have made to learn about communication between dolphins.

Dolphins are known to be one of smartest animals that exist on this planet, and scientists are trying to understand what they are saying. They use symbols to do so. They put a picture of a fish under the water, and when a dolphin touches it, they give the dolphin a fish. They repeat the process with different symbols to represent different things. The dolphins learn quickly what the different symbols mean, and they can ask the scientists for things like balls to play with or fish to eat. Maybe someday we will be able to really understand these beautiful and intelligent animals.

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

Dictation Contest (PR2 上級) No. 799

Hello, everyone! Welcome back to PR2.

Obesity is a growing health problem worldwide. It is defined as having a body mass index (BMI) of 30 or higher, and it is associated with many negative health consequences, including an increased risk of heart disease, stroke, type 2 diabetes, certain types of cancer, and other chronic conditions. Obesity occurs when the energy intake from food and drink exceeds the amount of energy used through physical activity and metabolic processes.

In recent years, the prevalence of obesity has been increasing globally, with more than 650 million adults estimated to be obese in [2023]. The causes of obesity are complex and multifactorial, including genetic, environmental, and lifestyle factors. Environmental factors such as the availability of unhealthy food options, sedentary lifestyles, and increased use of technology have contributed to the rise in obesity rates.

Preventing and treating obesity requires an approach that involves a combination of lifestyle changes, including regular physical activity, healthy eating habits, and reducing sedentary behavior. In some cases, medication and surgery may be recommended to manage obesity.

Public health efforts to address obesity have included policy changes such as taxes on sugary drinks, food labeling requirements, and increased funding for public health campaigns. Despite these efforts, obesity remains a significant public health challenge, and further action is needed to address this growing epidemic.

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