

Dictation Contest (PRJr, 初級) No. 906

Hi, everyone! Welcome back to PR Junior!

Today, I will talk about renting bicycles in London. Let's begin!

Today, many people who need bicycles can rent them. This started in July 2021. A big bank gave money to the city to buy the bicycles. People can rent bicycles in London at any time of the day or night. People can find them at places called Docking stations.

That's all for today! See you!

Dictation Contest (PR 1, 中級) No. 906

Hello, everyone! Let's learn more about the origin of Halloween today.

To recap, Halloween used to be something like New Years Eve, and it was believed that dead spirits went to the Otherworld on this day. That is why people tried to shoo off evil spirits with bonfires on "All Hallows' Eve," or Halloween.

People also tried wearing masks to stop ghosts from seeing them. Today's Halloween culture comes from the U.S. in the 1900s, thanks to immigrants.

In the U.S. we say "Trick or Treat!" to ask for candy, and this is believed to have come from the British culture of the poor begging for food, called "soul cakes."

When I was a young child in the States, I went trick-or-treating in my Sleeping Beauty costume.

Anyways, that is all for today. See you!

Dictation Contest (PR2 上級) No. 906

Hi there! Welcome back to PR2.

I found an interesting news about addiction effects from ultra-processed foods. Let's get started.

Experts say that one in seven adults and one in eight children might be addicted to ultra-processed foods or UPFs, like ice-cream, fizzy drinks, and ready meals. These foods have been linked to health problems like cancer, weight gain, and heart disease. They make up over half of the average diet in the UK and US. Researchers found that some people's behavior with these foods could be like having a substance use disorder, with cravings, withdrawal symptoms, and loss of control.

An analysis of many studies from different countries found that "ultra-processed food addiction" affected 14% of adults and 12% of children. Some experts suggest labeling certain high-carb and high-fat foods as "addictive" to improve health through policies and awareness.

These foods can affect the brain in a way similar to addictive substances like nicotine and alcohol. The speed at which they provide carbohydrates and fats to the body may contribute to their addictive potential. Food additives in ultra-processed foods may also play a role in their addictiveness.

Not all foods are addictive, but those high in refined carbs and fats are often consumed compulsively and can lead to harmful health effects. Recognizing these as addictive could lead to new ways to address health, social issues, and policies related to these foods.

Let's be more careful [about] our diet and live a healthy life! That's all for today. See you!