

# The Secret Power of Chili Peppers

Chili peppers are everywhere in cooking,/ adding a spicy **punch** to dishes worldwide.// But did you know / they are more than just flavor?// They have got a secret:/ protection.//

Chilies use something called capsaicin /to **defend** themselves.// It is what makes them spicy.// When animals **attempt** to eat them,/ they get a surprise/ – a burning feeling from the capsaicin.// That makes the animals **think twice** / about **munching** on more chili peppers.// It is like the peppers have their own spicy shield!//

From **mild** jalapeños/ to super-hot **varieties**,/ all chilies have some capsaicin/ to **keep** animals **away**.// But among them / stands the Carolina Reaper, / the spiciest of them all.//

With an **incredible** 2.2 million **Scoville Heat Units** (SHU),/ the Carolina Reaper is a spicy superstar.// Its **intense** heat shows/ just how good chilies are at protecting themselves.//

So,/ next time you enjoy a spicy meal,/ remember that chili peppers are more than just tasty/ – they are also experts / at staying safe / in the **wild** world of plants.//

唐辛子は、料理のいたるところにある / 世界中の料理にスパイシーな刺激を加えながら// しかし、知っていたらどうか / 彼らが単なる味以上のものであることを// 彼らには秘密がある / 保護という//

唐辛子はカプサイシンと呼ばれるものを使う / 自身を守るために// それは唐辛子を辛くするものである// 動物がそれを食べようと試みる時 / 彼らは驚きを得る / カプサイシンからの灼熱感という// それは動物によく考えさせる / さらに唐辛子をむしゃむしゃ食べるかどうか// それはまるで、唐辛子がスパイシーな盾を持っているみたいだ!//

マイルドなハラペーニョから / 激辛品種まで、 / すべての唐辛子にはカプサイシンが含まれている / 動物を寄せ付けられないための// しかし、それらの内 / カロライナ・リーパーが突出している / 最も辛い唐辛子である//

驚異のスコヴィル値 (SHU) 220 万を有していて / キャロライナ・リーパーは、スパイシーなスーパースターだ// その強烈な辛さは示している / ひたすらに、どれほど唐辛子が身を守ることが得意か//

だから / 今度辛いものを食べる時は / 唐辛子はおいしいだけではないことを思い出してほしい / 彼らは専門家でもあるのだ / 安全に過ごすことについて / 植物たちのきびしい世界で//

## Vocabulary and Phrases

punch	刺激	variety	種類
defend	守る	keep away	遠ざける
attempt	試みる	incredible	すごい
think twice	2度考える = よく考える	Scoville Heat Unit	スコヴィル熱量単位 = 辛さを量る単位
munch	むしゃむしゃする	intense	強烈な
mild	辛くない	wild	荒々しい

## Total Number of words used

: 166 words

## Time for 100 wpm

: 99.6 sec.

## Time for 120 wpm

: 83 sec.

## Your BEST TIME

: \_\_\_\_\_ sec.



**【Listen & Fill Blank】**

Chili peppers are everywhere in cooking, adding a \_\_\_\_\_ to dishes \_\_\_\_\_. But did you know they are more than just flavor? They have got a secret: protection.

Chilies use something called \_\_\_\_\_ to \_\_\_\_\_ themselves. It is what makes them spicy. When animals \_\_\_\_\_ to eat them, they get a surprise – a burning feeling from the capsaicin. That makes the animals think twice about \_\_\_\_\_ on more chili peppers. It is like the peppers have their own spicy shield!

From \_\_\_\_\_ jalapeños to super-hot \_\_\_\_\_, all chilies have some capsaicin to keep animals away. But among them stands the \_\_\_\_\_, the spiciest of them all.

With an \_\_\_\_\_ 2.2 \_\_\_\_\_ Scoville Heat Units (SHU), the Carolina Reaper is a spicy superstar. Its \_\_\_\_\_ heat shows just how good chilies are at protecting themselves.

So, next time you enjoy a spicy meal, remember that chili peppers are more than just tasty – they are also \_\_\_\_\_ at staying safe in the wild world of plants.

**【Q&A / A&Q】**

**Question 1:** What is the secret power of chili peppers?

**Question 2:** Do all chili peppers have capsaicin?

**Question 3:** What is the spiciest chili pepper, and its SHU value?

**Ask 1:** Chili pepper についての質問を英語で書いてください。

**Ask 2:** Carolina Reaper についての質問を英語で書いてください。

**Ask 3:** 本文について知りたいことを英語で書いてください。

**Sample Answer 1:** The secret power of chili peppers is the capsaicin inside them, which makes them spicy and helps protect them.

**Sample Answer 2:** Yes, all chili peppers have some capsaicin to keep animals away.

**Sample Answer 3:** The spiciest chili pepper is the Carolina Reaper, which has a heat level of 2.2 million SHU.

**Sample Question 1:** Are chili peppers all red?  
How many varieties of chili peppers are there?

**Sample Question 2:** Where is the Carolina Reaper from?  
Do people use the Carolina Reaper in cooking?

**Sample Question 3:** When did people start eating chili?  
Do animals eat chili like humans do?