

ESL PRESENTS

the 13th.

# Speech Contest

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Nov.7 Wed. lunchtime

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Food  
Additives

education

Culture

ETC.

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English Support Lounge, Yokkaichi University  
<https://www.yokkaichi-u.ac.jp/esl/index.html>

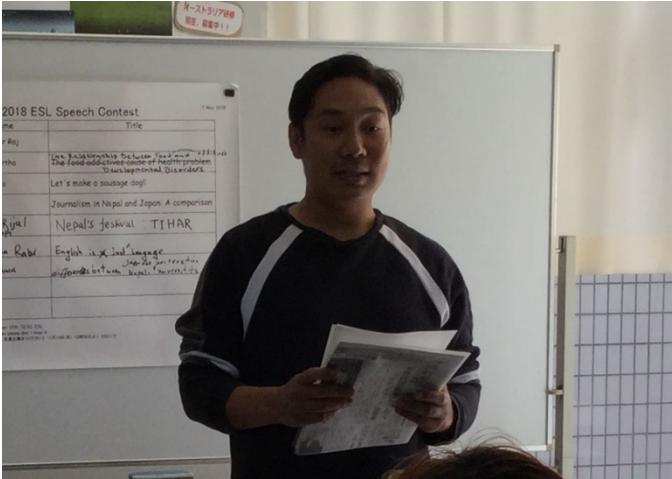


7 Nov. 2018

## The 13rd ESL Speech Contest Speakers and Results

Prize	Name Faculty / year	Title
First Prize	Tamang Tirtha Env. / 4 <sup>th</sup> .	The Relationship between Food Additives and Developmental Disorders
	K C Deepak Env. / 4 <sup>th</sup> .	Journalism in Nepal and Japan: A comparison
	Sherpa Dawa Env. / 2 <sup>nd</sup> .	Differences between Japanese Universities and Nepali Universities
Encouragement Prize	Rana Gambhir Raj Eco. / 3 <sup>rd</sup> .	Living in Japan
	Noriyuki Endo Pol. / 4 <sup>th</sup> .	Let's make a sausage dog!!
	Rakesh Rijal Pratapi Env. / 2 <sup>nd</sup> .	Nepal's Festival : TIHAR
	Khatiwada Rabi Env. / 2 <sup>nd</sup> .	English is Just a Language
	K C Bhupendra Env. / 2 <sup>nd</sup> .	My Trip to India

## 1. Introduction



Recently, with the spread of fast food and instant food processing, the number of people eating this food has increased. However, processed foods are full of food additives, as we can see if we look at the ingredients label on the back side of the items sold at the supermarket. Food additives include preservatives, sweeteners, coloring agents, perfumes and the like, and are used for the purpose

of manufacturing foods or processing and preserving foods. It is said that these may have an adverse effect on the human body, such as allergic diseases, abnormalities of genes and chromosomes, toxic symptoms, cancer, and effects on reproductive function.

Food additives have standards of use, but since a 100% safety assessment is not possible, even if it is weakly toxic, the results of human beings taking additives cannot be predicted. Along with that, in the present age, the birth rate of children with developmental disorders is increasing. Developmental disorders are classified into several types, including autism, Asperger's syndrome, attention deficit / hyperactivity disorder (ADHD), learning disability, tic disorder etc. These are obstacles to brain function and can go on for a lifetime. I chose this topic because I want to increase the awareness of the dangers of food additives. Based on this, I aim to study the relationship between the ingestion of food additives and developmental disorders, and to give us a chance to consider our daily dietary life as much as possible.

In order to investigate the relationship between ingestion of food additives and developmental disorders, I gathered materials at the library and from the Internet and compared cases in Japan and overseas. My research questions are:

1. What are the most common food additives?
2. Is there evidence that food additives cause health problem?
3. If additives cause problems are some food additives more or less dangerous?
4. Does Japan allow some additives in food that other countries make illegal?
5. Does Japan make illegal some additives that other countries allow?
6. What are the common foods in Japan that contain a lot of additives? Which additives?
7. What foods should we avoid? Which foods should pregnant women or children avoid?
8. Does junk food contain more additives than regular processed food?
9. How often do we people eat foods with lots of additives?

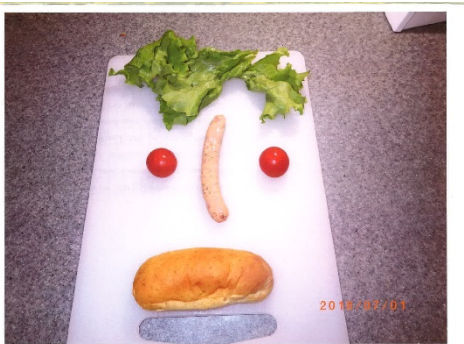
Let's make a sausage dog!!

Noriyuki Endo

Good morning everyone. My name is Noriyuki Endo, and I am forty eight years old. I have been studying at university now for four years. When I reached my forty's, I thought I had to try something new. So I entered Yokkaichi University. Today I will explain how I have been using video skits to work on my English speaking skills.



Let's begin with our first point. Gathering the ingredients. You need sausage dog buns, some tomatoes, lettuce, butter and a pack of sausages.



Next, prepare the ingredients for cooking. Cut the buns with a knife, but be careful. Do not cut all the way through the buns and your finger is not a sausage.

Next, cut the sausage in half. Put these items into a toaster and bake for five minutes. It is important that the toaster is kept on low heat. The bread will not burn at this temperature.

Next, prepare the toppings while toasting the bread and sausage. Cut the vegetables on a cutting board. After cutting, drain the excess water with kitchen paper. If you want good tasting vegetables, you need to do this.

Next, assemble all the ingredients. First, spread butter on the buns. Then put the vegetables on the buns and add the sausage. Usually I can't wait until it is done before eating. I eat each of the items and mix them around in my mouth. Be careful. This is bad behavior. Have you seen Mr. Been? I recommend you.

Finally, try making sausage dogs the next time you cook. You will like it.



# Journalism in Nepal and Japan: A Comparison

K C Deepak

The topic of this graduation paper is journalism in Nepal and Japan how it compares to Japan. Journalism is an aspect of mass media which is the activity of creating and presenting information. So it is the product of real activities. Journalism also applies to the occupation, and a person who practices journalism is called a journalist. Wikipedia says journalism refers to the production and distribution of reports on recent events. Journalistic mediums includes print, television, radio and internet.



Journalism is important because this is how the people learn about the world. Especially in democratic countries, journalism is how voters learn the truth about their government and it helps them make decisions about how to vote.

I chose this topic because I want to better understand the vital role the journalism plays to help society develop and change. Also I want to know the differences between Japanese and Nepali journalism. Finally, I want to know how to help journalism in Nepal develop.

## **Research Questions**

1. Who are journalists and what do they do?
2. What is the history and how journalism developed in Japan and Nepal?
3. Who determines what topic can be written about? Public? Government? Journalist?
4. What is the role of journalism to help society develop?
5. Are some topics forbidden/taboo in Nepal and Japan?
6. What is a good journalist?

## **1. Who are journalists? and what do they do?**

A journalist is person who researches, writes and presents through the media to the public. According to Wikipedia a journalist is a person who collects, writes, or distributes news or others current information to the public. A journalist's work is called journalism. Journalists also have different categories, a journalist can work with general issues or

particular issues such as politics, science, and entertainment. And journalists do the research, analyses, report a present their findings. According to Shinji Oi and Shinsuke Sako, Nihon University 17 February, 2017, a typical journalist is male 82.1% and female 17.9%. The average age of the sample was 41.25 years. In the Nepal context, according to the Nepal Journalist Association, 92.30 percent are male and 7.70 percent are female who work in Nepal. The average of journalist is 38 years. So there are some difference between Nepal and Japan in the case of journalist members. The average age of journalists are similar, but there are more female journalist in japan.

Finally, journalism is a milestone of developed society, it is a bridge of society it can connect to people to government and unreality to reality but sometime it is ordered by government or order by money. Some country journalist are not take a freedom to write. So I trying to research of journalism in japan an Nepal.

Thank you.



## Nepal's Festival : TIHAR

Rakesh Rijal Pratapi

Hi, I am Rakesh from Nepal. Nepal have many festival but I am going to tell about Tihar.



Tihar is one of major Hindu festivals that is celebrated for five days in October or early November. It is festival of lights that being the worship of Laxmi, the Goddess of wealth along with the worship of dog, crow and cow respectively. On the last day, brothers are greeted and blessed by the sisters.

The crow and dog are regraded as evoking the yama, the God of death. Worship on the third day, cow is worshiped in the morning and that's why most of the Nepalese don't eat beef. Laxim, the Goddess of wealth is worshiped in the evening with a belief that she would bring fortune to the worshiper. On this day every home, buildings and temples are graced by the rows of light and today is this day. Usually the traditional Nepali lamp of twisted cotton wick in a small clay bowl of mustard oil and butter some time.

The last day of Tihar is called Bhai Tiharor Bhai Tika. On this day, sister pray for the long and prosperous life of their brothers and after that they go door by door and song and dance too much. This day you must have to play card game. Among all festival I like most is Tihar because of dance and lights.

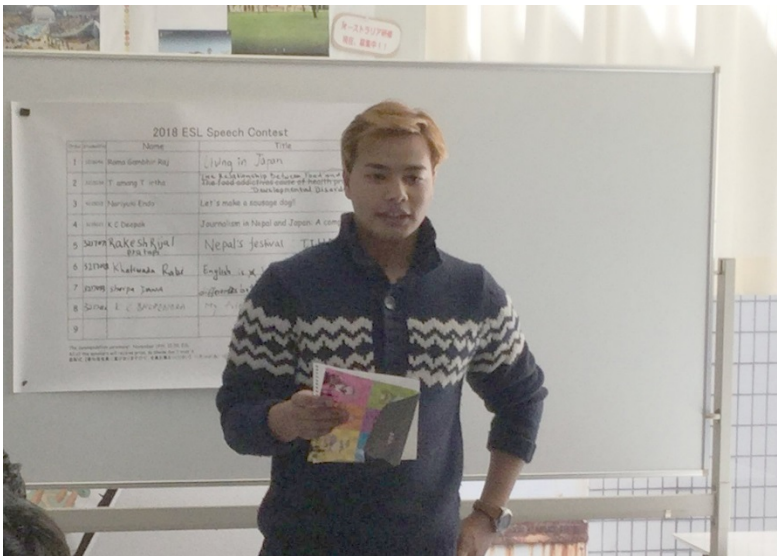
Thank you for listening.



## My Trip to India

K C Bhupendra

When I am only 16 years old, I went to India for first time with my family. India is second most populated country in world & strong country in Army forces economic point of view. But I found that there is lots of people who don't have a home for live. Lots of children are living at street and begging for meal. In the age of learning & playing why these kids are begging for meal, and similar in my country. Nepal has a same problem.



There are lots of uneducated & poor family with less income. And then, when I was 18, I came to Japan for study & graduing. I knew the different western developed country & developing country. There are vast different in the two kinds of country. I think the most wasteful thing about this difference is food loss & food waste because I am doing part time job in Italian restaurant &

every day lots of foods are being waste. In that time I remember the kids who are begging for meal in poor countries.

I wish I can bring the waste food to the kids who need it.



Rama Gambhir Raj  
"Living in Japan"



Khatiwada Rabi  
"English is Just a Language"



Sherpa Dawa  
"Differences between Japanese Universities and Nepali Universities"



2018年度

# ESL 英語スピーチ コンテスト

四日市看護医療大学の方が参加される場合は、  
12:00に開始します

11 / 7 WED 12:30~13:00

**出場者 募集!**

**2~5分程度の英語スピーチ (テーマは自由)**  
ESLでは、原稿作成や発表指導も行っております

- ★優秀者に賞品
- ★出場者全員に参加賞

お申し込みは  
教学課まで  
お申込締切: 10月31日 (木)