

Reading and Talking

Almond milk

The word “milk” usually means cow’s milk. Soy milk is the next most common milk. Recently, however, almond milk is getting more popular because it is very healthy. Almonds have more fiber, calcium, and vitamin E (the anti-ageing vitamin) than any other nut. Almonds are low in carbohydrates but high in protein and healthy fats, and they have no cholesterol. Almond milk is made of powdered almonds and water, but companies often add sugar and flavors. Unsweetened almond milk has half the calories of unsweetened soy milk.

(92 words)

Have you ever bought almond milk at a store?

↳Yes, I have. (--Why did you buy it? / Do you like almond milk? / Do you use it for cooking?)

↳No, I haven’t. (--Have you ever seen almond milk in stores? / Have you ever eaten almond milk pudding? / Do you like annin tofu?)

Do you like almonds?

↳Yes, I do. / Kind of. (--How often do you eat them? / Do you roast almonds at home? / Do you add almonds when you make salad?)

↳No, I don’t. (--How come you don’t like them? / Do you like “kurumi” walnuts? / Do you like peanut butter?)

Do you like soy milk?

↳Yes, I do. / Kind of. (--Do you drink it regularly? / Which company’s soy milk do you buy? / Have you ever had “tonyu nabe” soy milk stew?)

↳No, I don’t. (--How come you don’t like it? / Do you like tofu? / Do you like “yuba” tofu skin?)

(13 November, 2020)

More Information

Almond milk

The word “milk” usually means cow’s milk. It is also possible to make milk-like drinks from beans, grains, nuts and seeds. For years, soy milk has been the main alternative to cow’s milk, but recently, almond milk sales have been increasing. The almond milk market is still just one-tenth of the soy milk market, but new almond milk products are appearing all the time. Why is almond getting more popular rather than—say—oat, rice, coconut or other non-dairy milks? Perhaps it’s because we are becoming more health conscious.

Almond milk advocates point out that almonds are higher in fiber, calcium, vitamin E, riboflavin and niacin than any other tree nut. Almonds are low in carbohydrates but high in protein and healthful fats, and they contain no cholesterol. The vitamin E in almonds contains antioxidants, and it may lower the risk of Alzheimer’s disease.

Almond milk is made of ground almonds and water. Manufacturers add thickeners, preservatives, sweeteners and flavorings. Unsweetened almond milk contains half the calories of unsweetened soy milk, and this low calorie count seems to be an important selling point.

(187 words)
(13 November, 2020)

Reading and Talking

Demon Slayer tourism

This fall, millions of people saw an animated movie called “Kimetsu no Yaiba (鬼滅の刃): Mugen Train / Demon Slayer: Infinity Train” at movie theaters. The movie is also helping tourism. JR Kyushu has the same Taisho-period steam train that is in the movie. In November, it is running from Kumamoto Station to Hakata Station, and all tickets were sold quickly. Many tourists are also going to see a large rock called Ittou-seki (一刀石) in Nara. It is cracked in half, like the rock that the main character Tanjiro cuts in half with his sword while he is training.

(101 words)

Have you seen the movie “Demon Slayer: Infinity Train” yet?

↳ Yes, I have. (--When and where did you see it? / How was it? / Who is your favorite character? / Have you read any Kimetsu no Yaiba manga comic books?)

↳ No, I haven't. (--Do you want to see it? / Did you watch the Kimetsu no Yaiba TV anime? / Do you read any weekly or monthly manga magazines?)

Have you seen any movies at a theater this year?

↳ Yes, I have. (--What did you see? / How was it? / Are there any other movies that you want to see right now?)

↳ No, I haven't. (--When did you last go to a movie theater? / How often do you go to the movies? / Do you like watching movies at a theater?)

Do you like ghost stories?

↳ Yes, I do. / Kind of. (--Have you ever seen a ghost? / Are you good at telling ghost stories?)

↳ No, I don't. (--How come you don't like them? / Do you like horror movies? / Do you like zombie movies?)

(13 November, 2020)

More Information

Demon Slayer tourism

On October 16, an animated movie called “Kimetsu no Yaiba (鬼滅の刃): Mugen Train / Demon Slayer: Infinity Train” was released in 400 theaters across the country. It made 20 billion yen in three weeks, with an audience of 15 million people. The story is set in the Taisho period 100 years ago. The main character Tanjiro’s family was killed by demons, and his sister was turned into one. Now Tanjiro is fighting to make his sister human again.

When something is popular, others jump on the bandwagon, and Kimetsu no Yaiba is no exception. JR Kyushu owns the same Taisho-era steam locomotive that appears in the movie. With a “Mugen” nameplate on the front, it is making several runs from Kumamoto Station to Hakata Station in November. Tickets sold out quickly.

Demon Slayer is also proving a boon to tourism in Nara. Fuefuki-jinja Shrine is attracting visitors because one of its deities Hono Ikazuchi no Ookami (火雷大神) sounds like sword actions used in the story. Tourists are also flocking to a large rock called Ittou-seki (一刀石) that is cracked in half, like the rock that Tanjiro severs with his sword while he is training.

(195 words)

(13 November, 2020)