

## Hello!

(ALTの自己紹介)

I'm Janice. I like cycling and walking. I usually go to school by bike and sometimes I walk. I do dance as my morning exercise. I like Filipino food very much specially tropical fruits. I like Japanese salad. My favorite foods are *harusame* and crab(kani) salad. How about you? What's your favorite salad?

<https://drive.google.com/file/d/1vdsU6cE7AwRkoWkT6-xv6FXfECMhGzPv/view?usp=sharing>



←動画でチェック↑

## Filipino Food that Must Try



I like breakfast dishes in the Philippines. A famous Filipino breakfast \*consists of meat, "Sinangag(シナガグ:日本でいうガーリックライス)", and egg. It is called "tapsilog(タップシログ)". We eat great breakfast to start a good day.

In the Philippines, one of the famous dishes is "Lechon(レチョン)". It is \*fully-roasted pig with perfectly \*crisp skin. You should try if you can.

In addition, Halo-halo is also famous as desserts. It is a kind of \*shaved ice. It has many \*ingredients. For example, sweet beans, fruits, ice cream, milk and so on. It is a perfect dessert in summer.

\*consists of ~ 「~で構成されている」 fully-roasted pig 「豚の丸焼き」

4 択問題に→  
チャレンジ! ↓

crisp 「パリパリした」 shaved ice 「かき氷」 ingredient(s) 「材料、食材」

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## Recent events

(ALTの最近の出来事)

①



②



③



- ① I went to Hitsujiyama Park to see moss phlox last March.
- ② We had a barbecue party with my friends in Fuchu, Tokyo.
- ③ I made Kani salad. It was delicious.

## Have a break!

今月号ではフィリピン料理が紹介されました。時間があるときに、英文の中に出てきた次のフィリピン料理についてどんな見た目なのか、どんな味なのか、などについて詳しく調べてみよう。

- タップシログ     レチョン
- ハロハロ
- シニガン (初級編で紹介されています)

## 英検 Challenge

(英検問題に挑戦!)

① Lucy (            ) for a bank in New York. She likes her job very much. 【4級レベル】  
1 runs            2 works            3 dances            4 says

② A: This is my lunch. A hamburger and some French fries. 【3級レベル】  
B: I think you (            ) eat more vegetables.  
1 do            2 did            3 should            4 would



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