

# Nishiko English Newsletter

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## Happy October!

Hello everyone! October is a busy month, but it's still my favorite month because this month has Halloween and a Mexican holiday called "Dia de Los Muertos" or in English, "Day of the Dead". This holiday is for people to remember their family members who have died. October is also when it starts to get cold and I love cold weather! Do you like October? Are you happy it will become colder soon?

Last month, a student asked me to write about cooking in the U.S., but cooking in the U.S. is difficult to talk about because there are so many different people and cultures in the U.S. So, everyone cooks differently! Also, in the U.S. people learn how to cook foods from all over the world. My mother loved to make Italian food, but my father liked to cook Thai and Vietnamese food. They took turns cooking different kinds of food. Then my father made a new friend from Nigeria and a friend from Albania. Then our family learned how to make a lot of spicy foods from Nigeria and savory, salty foods from Albania. It was nice always meeting new people and learning new foods to make.

I am from Arizona, close to Mexico. So, I love American Mexican food. Mexican food uses a lot of different vegetables, meat, and RICE! Rice is popular in Mexico, but not always the same white rice as in Japan. Mexican food doesn't use flour or bread. They like to make tortillas made from corn and seasoned rice. If you ever travel abroad please try Mexican food!

In conclusion, home cooking in the U.S. is unique for everyone. My family loves to try new things constantly and we always like to cook at home rather than eat out. Thank you for reading! If you have any more questions about eating and cooking in the U.S., ask me anytime!



## Most Popular Sweets in the U.S. Now

*Halloween is the time when everyone eats sweets!*

1. **Starburst** - The U.S. loves sour candy. Starburst is a chewy candy that explodes sour flavor when you bite it.
2. **Sour Patch Kids** - This candy is sour and sweet
3. **Skittles** - Sour M&Ms
4. **Reese's Cups** - This candy has a chocolate and peanut butter flavor.
5. **Hot Tamales** - Be careful! This candy is really sour and a little spicy.
6. **Chupa Chups** - This Mexican candy is popular in Arizona and California and in Japan too.
7. **Snickers**



## English Slang

**Salty (adjective, 形容詞)** To be a little angry (小さいことで怒ること)

Example: Her mood is so bad today. Why is she salty?

Be careful! 怒ってる人に "stop being so salty" というより怒るのでご注意を! w

If you tell an angry person "stop being so salty" they will become angrier! lol



## Julia's Recommended Music

Song	Artist
THAT'S WHAT I WANT	Lil Nas X
Catching On	WHALES TALK
flowers	khai dreams
interested	Nina Cobham
It's All in Vain	Wet
Lavender Boombox	Minature Tigers
family ties	Baby Keem, Kendrick Lamar
Fair Trade	Drake, Travis Scott
Meet Me At Our Spot	WILLOW
love nwantiti	CKay
Soy Yo	Bomba Estereo
Mi Tell Yu	Spinna B-ILL, Home Grown
Darling	Halsey