

THE SECRET OF LONG LIFE - ACTIVITIES

A. Read the text and choose the best answer:

- The secret of long life is:
 1. doing regular exercise.
 2. eating healthy food.
 3. doing regular exercise and eating healthy food.

The secret of long life

The island of Okinawa in Japan has some of the oldest people in the world. It's famous for its high number of centenarians – men and women who live beyond 100 years of age. There have been many scientific studies of their lifestyle and you can even buy cookery books based on their diets. Some of the reasons for their good health are that they ...

- go fishing and eat what they catch.
- regularly do gardening and grow their own fruit and vegetables.
- go cycling and never drive when they can walk.
- often spend time with friends. They meet at people's houses and play games.
- rarely buy food from a supermarket.
- do regular exercise, go swimming and lead active lives.



B. Answer the following questions.

1. What is Okinawa famous of?
2. What are the reasons for their good health? Give 3 reasons.
3. How often do they buy food from a supermarket?

C. Decide whether the following statement are true or false and justify.

1. A centenarian is a person who lives to be 100 years or more.
2. People of Okinawa often drive to work.

D. Complete the chart below.

The secrets of long life include:

- _____
- _____
- _____
- _____
- _____
- _____

E. Which of the reasons for good health in the article are true for your life?

The secret of long life

A

- The secret of long life is:
- 3. doing regular exercise and eating healthy food.

B

1. ... its high number of centenarians
2. They go fishing and eat what they catch, go cycling and never drive when they can walk, and rarely buy food from a supermarket.
3. rarely

C

1. True; "centenarians – men and women who live beyond 100 years"
2. False; "go cycling and never drive when they can walk"

D

The secrets of long life include:
<ul style="list-style-type: none"> • go fishing and eat what they catch. • regularly do gardening and grow their own fruit and vegetables. • go cycling and never drive when they can walk. • often spend time with friends. They meet at people's houses and play games. • rarely buy food from a supermarket. • do regular exercise, go swimming and lead active lives.