

1.



**TOPIC:** Living longer and better

**OBJECTIVES:** To learn vocabulary related to health. To read a text comprehensibly.

## **HOW TO LIVE TO 100?**

A	Life expectancy	1.	anything that affords particular pleasure or
			enjoyment
В	Lifespan	2.	a way of losing body weight quickly by eating

Match the following words with their definition in English.

С	Daily treats	3.	the duration of existence of an individual		
D	Crash diet	4.	the number of years a person can expect to live		

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HI.	Read the	text on page	is b4 and	i bo and	i answer the	TOHOWINS	questions.

II.	Read the text on pages 64 and 65 and answer the following questions
1.	What is the text about?
2.	What says the United Nations about life expectancy?
3.	What are the less conventional pieces of advice?
4.	What is the 'PARADOX' presented in the text?
5.	What is the key to longevity?



III.	Rea	ad again. Write numbers from 1-6
	Wh	ich <b>paragraph</b> mentions
	1.2	oopular pieces of advice?
		hat life expectancy is higher than before?
		eatures that centenarians do not carry out?
		a controversial recommendation? a paradox about healthy eating/drinking?
	c	paradox about healthy eating, drinking:
IV.	Ans	wer [ <b>T</b> ]true or [ <b>F</b> ]false
	1.	Life expectancy is increasing by 20%.
	2.	Longevity may be attributed to less conventional habits.
	3.	Centenarians recommend a daily drink.
	4.	Staying active, sleeping well are also part of living well into old age.
	5.	Having religious beliefs makes people live less.
	6.	Crash diets are the best to live longer.
	7.	The happy balance between enjoying and having a healthy life is the

key.

