

The secrets of a long life

1. TYPE in the missing word from the list. TWO EXTRA words!

Scientists - places - common - areas - people - the world

In three of the world a very high number of people live to be 100. want to know why. What do the three have in ?

2. TYPE in the missing word from the list. ONE EXTRA word!

river - secondly - diet - air - social - temperature - there - friends' - thirdly - hardly - friend's - between - called - its - firstly - take - degrees - fields - rich

In Ecuador is a small village in the Andes: Vilcabamba. It is often 'the Valley of Long Life'. What's secret? , Vilcabamba is not very hot or very cold – the is usually 18 and 27, and the is very clean. , people work hard in the, and do a lot of exercise. , their is very healthy – they eat a lot of fruit and vegetables, and they ever eat meat or fish. The water they drink, from the in Vilcabamba, is very in minerals. They also have a good life. In Vilcabamba people say, 'The left leg and the right leg help you to be healthy, because they you to your homes.'

3. TYPE in the missing word from the list. NO EXTRA words!

**Outside - very well - stressed - shepherd - with -
take - much - most - out of - normally - healthy -
hard - region -**

In Ogliastro, a mountainof Sardinia, one every 200 people lives to be 100, and they are very healthy, too. of the people in the villages workin their fields and their animals. They have a diet, with a lot of vegetables and not meat or fish. They hardly ever any medicine. 'Life is,,' says Fortunato, who is a, 'but I am never I never read the newspaper – because I can't read,'

4. TYPE in the missing word from the list. NO EXTRA words!

**Journalists - from - until - do - answer - also - just -
a hurry - more - active - see - has**

People in Okinawa in Japan not have big meals. They usually have vegetables and fish, and often eat soya. Okinawans are very , and they often workthey are 80 or But they relax every day – they friends and they meditate. Ushi, Okinawa, is 107. In the evening she often dances with her daughter and a glass of sake. 'I want to have a boyfriend,' she says. When ask people from Okinawa 'What is your secret?' they, 'We are happy, we are always positive, and we are never in,'