

Vocabulary for the video

The Okinawans

- They age slowly. – They get old slowly
- Beach – place near river or sea where you can lie in the sun
- Centenarians – people who are 100 and more
- Island – land in an ocean, or a sea
- Healthy – good for health
- Big meals – much food
- I'm full. – I don't want to eat after a meal
- Seaweed – plant in the sea
- Diet – food that eat every day
- Martial arts (judo, karate, etc)
- Social life – things you do with your friends
- Community center – place where people from one area can do sport together, dance, or do some hobby together
- They are never in a hurry. – They do things slowly.
- To be free of all responsibilities – to be free from all jobs like earning money, raising children, etc
- North (south) of Japan



 VIDEO LISTENING



Watch the documentary *The island of Okinawa*. Mark the sentences **T** (true) or **F** (false).

- 1 The island of Okinawa is north of Japan.
- 2 70-year-old Okinawans have the bodies of 50-year-olds.
- 3 *Hara hachi* means stop eating before you're full.
- 4 The Okinawans don't eat meat or fish.
- 5 They eat a lot of seaweed.
- 6 They do yoga every day.
- 7 The Okinawans are often in a hurry.
- 8 When Okinawans reach 100 they have a ceremony called *kajimaya*.

Watch again and correct the **F** sentences.