READING AND CHOOSE A,B,C,D.

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.

LIVEWORKSHEETS

1. According to the passage, Okinawa is well known for .

a. its beauty b. its centenarians

c. its subtropical climate d. its cuisine

2. The people of Okinawa _____.

a. cook very well b. eat a lot of meat

c. have an unhealthy diet d. have the longest lifespan

3. Which of the followings is NOT true about the Okinawans?

a. They eat what they fish and grow.

b. They often buy food at the supermarket.

c. They do exercise regularly.

d. They enjoy socializing with friends.

4. A centenarian is a person who _____.

a. is 100 years old b. is almost 100 years old

c. is 100 years old or more d. is 100 years old or less

5. The Okinawans live a long life because _____.

a. they have healthy diets and living habits.

b. they walk as much as they can.

c. they love gardening and going fishing.

d. they only eat fruit and vegetables

LIVEWORKSHEETS