The island with a secret



1. Look at the photo of Nabi Kinjo. What nationality is she? How old do you think she is?

2. Read the first paragraph of the article and write the highlighted words in the chart.



THE MYSTERY OF OKINAWA

Nabi always walks three kilometres a day, and she sometimes rides a motorbike. She often works in her garden, and she usually does martial arts in the mornings. She is never stressed, and she is hardly ever ill.

NOT UNUSUAL YOU THINK? But Nabi is years old.

.....

Nabi lives on the island of Okinawa, in Japan. In Okinawa people live a very long time. They are hardly ever ill. Many people live to be 100 – more people than in other parts of the world. Why? What is their secret?

100	**ALWAYS**
	_____
	_____
	SOMETIMES
	_____
0	_____

3. Add an adverb of frequency to the sentences to make them true for you. Compare with a partner. Are you similar or different?

a. I walk to work.
_____

b. I do sport or exercise.
_____

c. I use public transport.
_____

d. I am stressed.
_____

e. I am late.
_____

READING

1. Read the rest of the article. What is unusual about Okinawan people? Put a heading in each gap.

LIVEWORKSHEETS

1 _____

The Okinawans eat vegetables, fruit, fish, soya and rice. They usually have seven portions of fruit and vegetables a day. People don't usually drink much alcohol or smoke. They don't eat much meat or fast food.

2 _____

Physical activity is very important for the people of Okinawa. Martial arts, walking, traditional dancing, and gardening are very popular with people of all ages.

3 _____

In many countries people hace healthy diets and do exercise. But the unusual thing about the people in Okinawa is that they are not stressed. They are relaxed and take their time. Buses are hardly ever on time, and people often arrive an hour late for meetings. Every evening hundreds of people, young and old, go to the beach to watch the beautiful sunset. People often medidate to relax.

4 _____

Another important thing is that people often work until they are 80 – sometimes until 90! In the Okinawan dialect, there is no word for 'retired'. They are busy and active all their lives. Old people don't stay at home – they go out and meet friends.

When journalists ask people 'What is the secret of your long life?', they answer 'We are happy, we are always positive, and we are never in a hurry'.

ALWAYS ACTIVE

LOW STRESS

EXERCISE

A HEALTHY DIET

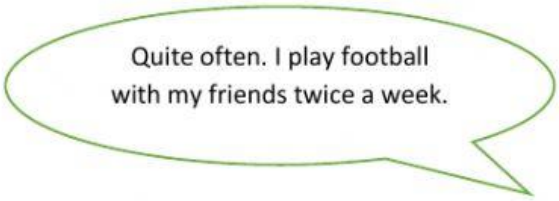


LIVEWORKSHEETS

SPEAKING

1. In pairs, interview your partner with the questionnaire.





Do you live the Okinawa way?

1) **How often do you do exercise?**
   a. Every day
   b. Quite often
   c. Hardly ever / Never

2) **Do you do martial arts, e.g. karate, tai chi?**
   a. Yes, often.
   b. Yes, sometimes.
   c. No, never.

3) **How many portions of fruit and vegetables do you eat a day?**
   a. Seven portions a day.
   b. Five portions a day.
   c. Less than five portions a day.

4) **How often do you eat meat?**
   a. Every day.
   b. Three times a week.
   c. Hardly ever / Never.

5) **How often do you eat fish?**
   a. Three times a week.
   b. Once a week.
   c. Hardly ever / Never.

6) **How often do you drink alcohol?**
   a. Often
   b. Sometimes
   c. Hardly ever / Never

7) **Do you smoke?**
   a. Yes.
   b. Sometimes.
   c. Hardly ever / Never.

8) **How often do you meet friends?**
   a. Every day.
   b. Once or twice a week.
   c. Once a month.

9) **How often do you meditate?**
   a. Every day.
   b. Sometimes.
   c. Hardly ever / Never.

10) **How often are you in a hurry?**
    a. Always.
    b. Sometimes.
    c. Hardly ever / Never.

LIVEWORKSHEETS

The Okinawa way

1	a 2	b 1	c 0
2	a 2	b 1	c 0
3	a 2	b 1	c 0
4	a 0	b 2	c 1
5	a 2	b 1	c 0
6	a 0	b 2	c 1
7	a 0	b 1	c 2
8	a 2	b 1	c 0
9	a 2	b 1	c 0
10	a 0	b 1	c 2

What your score means:

0 – 7 Your philosophy is 'a short life and a happy one' Have a good time!

8 – 14 Your lifestyle is OK, but you don't live the Okinawa way. You need to change some things if you want to have a very long life.

15 – 20 Congratulations! You live the Okinawa way. You have a very good chance of living until you are 100 years old (or more)!

GRAMMAR PRACTICE

1. Complete the sentences with an adverb of frequency.

NEVER **ALWAYS** **HARDLY EVER**

SOMETIMES **USUALLY**

a. I don't do a lot of exercise but I _____ go swimming.

b. I _____ drink champagne – only at Christmas.

c. She _____ eats meat. She's a vegetarian.

d. He doesn't have a watch so he's _____ late.

e. We _____ get up at 7.30, except at weekends.

2. Order the words to make sentences.

a. always she at six up gets

b. for late always I am class

c. morning in the hungry I'm never

d. bars sometimes expensive to go we

e. wine good usually very is this

f. often I read don't the newspaper

g. you take usually do bus the ?

LIVEWORKSHEETS