Read the text carefully, then decide whether the following statements are true (T) or false (F).

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.

1. Okinawa is well known for its subtropical climate. A. True B. False
2. The people of Okinawa have the longest lifespan. A. True B. False
3. The people of Okinawa often buy food at the supermarket. A. True B. False
4. A centenarian is a person who is 100 years old or less. A. True B. False
5. The Okinawans live a long life because of having healthy diet and living habits. A. True B. False

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