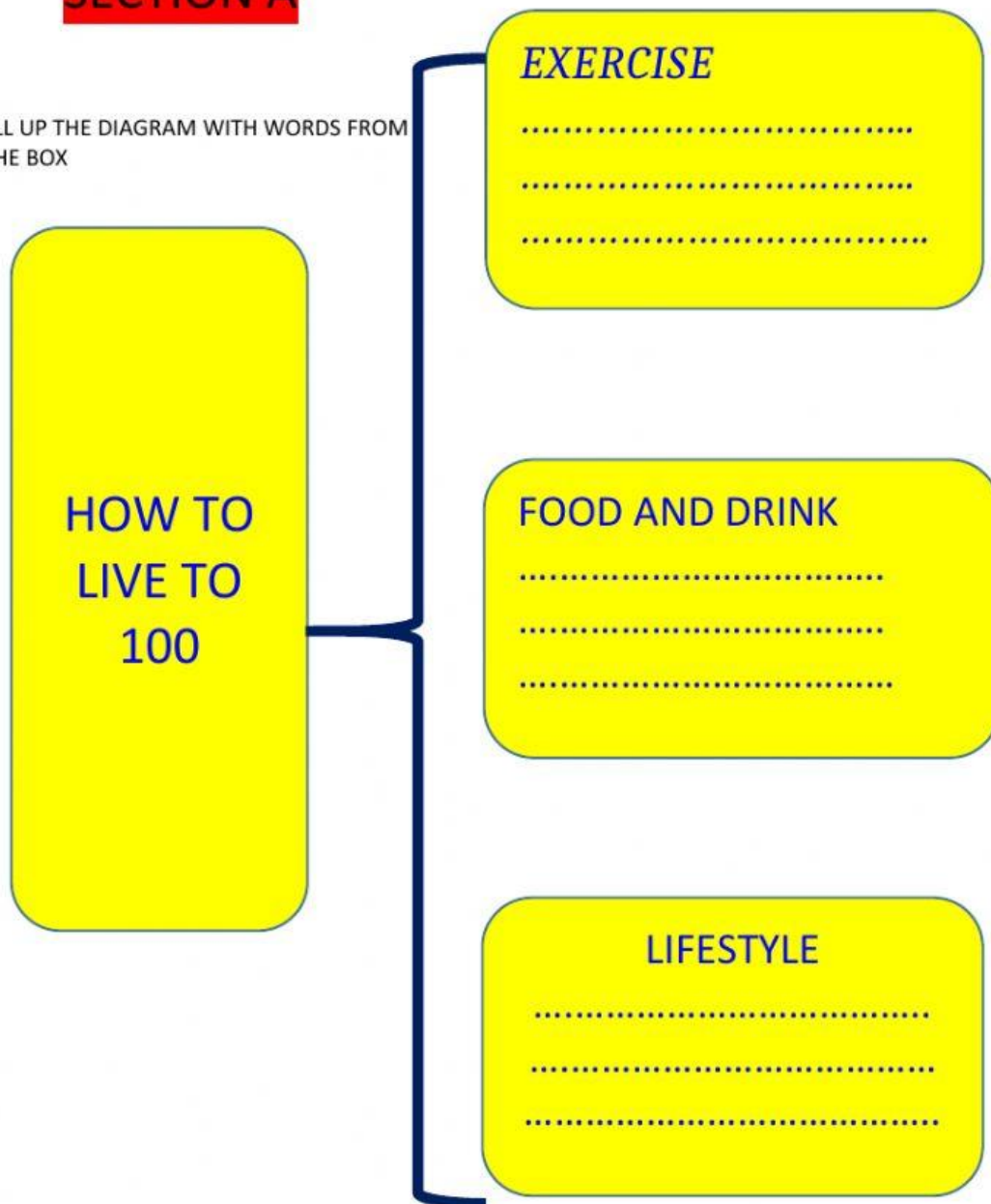


SECTION A

FILL UP THE DIAGRAM WITH WORDS FROM THE BOX



*Exercise three times a week

*Drink a little wine

*Walk every day

*Have an afternoon nap

* Be active and meet friends (social activities)

*Eat more vegetables fruits (70% more)

*Grow fruits and vegetables

*Avoid Processed food (Fried food, Nuggets)

*Avoid Getting Stressed

SECTION B

Complete the Sentences using words from the box

Wine Exercise	friends	gardening
Walking in the mountains	nap	

How to live to 100

The People of Okinawa mostly live beyond 90 years of age.

The Japanese in Okinawa often drink strongand they don't go to the gym. But Japan has a lot of mountains and they walk everywhere. They also do a lot of and eat the fresh fruit and vegetables that they grow. Most importantly , they don't have any stress! They , have an afternoon and visitin the evening.

But now, Japanese teenagers are changing. They have modern lifestyles, and they are eating less healthily. Sadly they won't live as long as their grandparents.

HOW TO HAVE GOOD OKINAWAN HEALTH.

1)	You must avoid stress.
2)	You musn't be lazy.
3)	You should have an afternoon nap.
4)	Y <u>O</u> u shouldn't eat processed food.
5)	You should have a good social life!

1 What is the text about ?

2. MATCH THE WORDS WITH THEIR DEFINITIONS.

Wine	Expanding
Gardening	An alcholic drink
Nap	A short period of sleep
Lazy	Horticulture
Developing	inactive

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3. Read the text again. Choose the correct answers

1. What country is the island of OKINAWA part of ?
A Taiwan
B Japan
C China
2. Where do OKINAWAN's get their fruit and vegetables ?
A They buy them from the mainland
B They buy them from Taiwan
C They grow their own fruits and vegetables
3. What does 'a third of Okinawans live well into their 90's' mean?
A 33% of Okinawans live until their 90th birthday
B 33 % of Okinawans live past their 90th birthday
C 33% of Japanese live beyond their 90th birthday.
4. Which sentence is true ?
A Okinawan teenagers are not as healthy as their grandparents.
B Okinawan teenagers want to live as long as their grandparents.

ANSWER The questions. Write complete sentences.

1. What three things are part of the traditional Okinawan diet ?

.....

2. What two forms of exercise and activities do the Okinawans do?

.....

3. How do you think tourism and technology changed the lifestyle and diet on the other Okinawa Islands ?

With Technology, young people in Okinawa spendtime on their cellphones and games.

With Tourism, younger Okinawans spend less time exercising and having a walk in the mountains because they spend time working with tourists.

4. Read the good health advice. How many are about diet and how many are about lifestyle ?

5. Would you like to live in OKINAWA or live in TOKYO ? Why ?