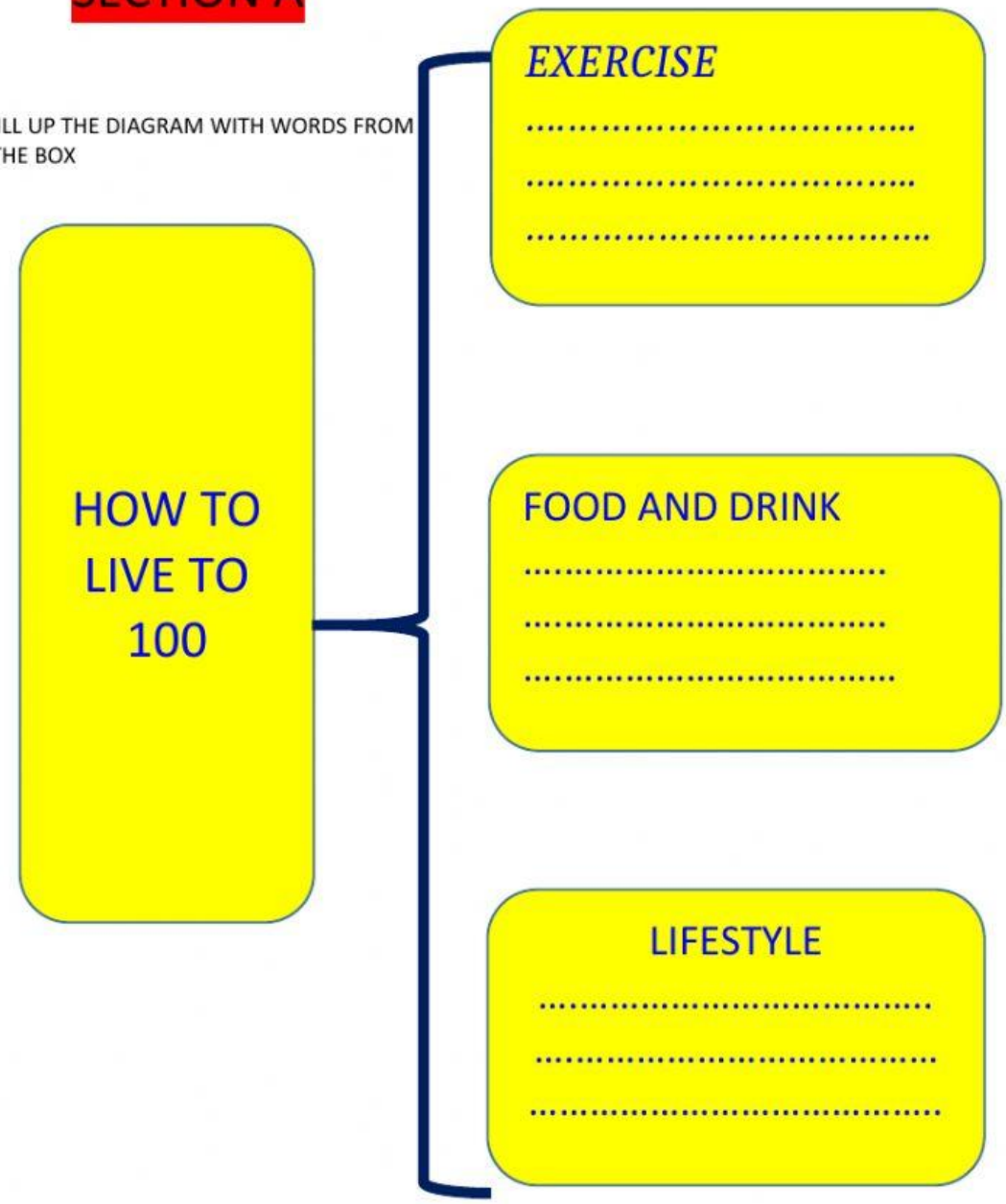
SECTION A

FILL UP THE DIAGRAM WITH WORDS FROM THE BOX



*Exercise three times a week	*Eat more vegetables fruits (70% more)
	*Grow fruits and vegetables
*Drink a little wine	
*Walk every day	*Avoid Processed food (Fried food, Nuggets)
*Have an afternoon nap	*Avoid Getting Stressed
* Be active and meet friends (social activities)	

LIVEWORKSHEETS

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 strong .....and 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 visit .....in 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)	*YOu 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**

Week 39/How to live to 100.docx

LIVEWORKSHEETS

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 Okinanawans 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 tradiitional Okinawan diet ?

.....

2. What two forms of exercise and activities do the Okinawan's 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 spend .....time on their cellphones and games.

LIVEWORKSHEETS

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 ?

LIVEWORKSHEETS