

Unit 10. HEALTHY LIFESTYLE AND LONGEVITY

PART 3: READING

I. Fill each of the numbered blanks in the following passage. Use only one word in each space.

reach *emphasis* *fraction* *traits* *adding*
purpose *active* *socializing* *almost* *lifestyle*

HIGHEST LIFE EXPECTANCY IN THE WORLD

Longevity hot spots are located in regions of different countries where people commonly lead (1) lives past the age of 100. A blue zone is considered to be a "longevity oasis" and the people who live there are believed to have the longest life expectancy on Earth.

The longest living women were found in Okinawa, Japan. Another blue zone was discovered in the mountains of Sardinia, Italy where even men (2)the age of 100 at an amazing rate, another was discovered on the Nicoya Peninsula of Costa Rica in 2007. Only one of the blue zone is located in the United States. It was found when researchers who were staying in Loma Linda, California discovered they suffered from a (3)of the diseases that commonly kill people in other parts of the United States and throughout the developed world. The final blue zone was found on an expedition to the island of Ikaria, Greece where they have 50% lower rates of heart disease, 20% less cancer, and (4)zero dementia - loss of memory.

What's their secret formula for (5)another 10 healthy years? Scientists focused on these longevity hot spots to answer that question and found that while it helps to have good genes, that's less than 30% of the equation. If you adopt the right (6), they concluded the other 70% can be up to us. Other (7)the people living in the blue zones have in common include less stress and more (8), strong (9)on family, a fresh natural plant based diet, very little red meat and daily exercise. Leading their lives with a sense of (10)was a big factor. It insures they look forward to getting up in the morning,

II. Choose the word or phrase among A, B, C or D that best fits the blank space in the following passage.

In China, it is believed that tai chi can delay ageing and prolong life, increase flexibility, strengthen muscles and tendons, and aid in the treatment of heart disease, high blood (1) ____, arthritis, skin diseases, depression, cancer, and many other (2) ____.

(3) ____ of the research on tai chi has been done in older individuals in the area of balance and fall prevention. This area of (4) ____ is important because fall-related injuries are the leading cause of death from injury and disability among older adults. Because tai chi movements are slow and deliberate (5) ____ shifts of body weight from one leg to the other in (6) ____ with upper body movements, it challenges balance and many have long assumed it helps improve balance and reduce fall frequency.

In a similar tai chi study of older adults, 54% of the subjects who practised tai chi attributed their improved (7) ____ of confidence to improved balance. One study looked at adults in their 60s and 70s who practised tai chi three times a week for 12 weeks (60-minute classes). After (8) ____ six weeks, statistically significant improvements were observed in balance, muscular strength, endurance, and flexibility measures. Improvements in each of these areas increased (9) ____ after another 12 weeks.

The demands of living are stressful for adults of all ages. Although one cannot directly point to studies showing a reduction in stress from practising tai chi, the breathing, movement, and mental concentration required of individuals who practise tai chi may be just the distraction you need from your hectic (10) ____.

- | | | | |
|-----------------|-----------------|--------------|------------|
| 1. A. pressure | B. ceremony | C. request | D. telling |
| 2. A. bride | B. regulations | C. diseases | D. notes |
| 3. A. Almost | B. Most | C. The most | D. Mostly |
| 4. A. research | B. boxe | C. present | D. war |
| 5. A. through | B. for | C. in | D. with |
| 6. A. respect | B. coordination | C. stopping | D. refusal |
| 7. A. sense | B. common | C. marriage | D. divorce |
| 8. A. then | B. as | C. just | D. that |
| 9. A. father | B. further | C. farthest | D. more |
| 10. A. troubles | B. problems | C. lifestyle | D. rounds |

III. Read the passage and choose the best answer.

Psychologists have debated a long time about whether a child's upbringing can give it the ability to do outstandingly well. Some think that it is impossible to develop genius and say that it is simply something a person is born with. **Others**, however, argue that the potential for great achievement can be developed. The truth lies somewhere between these two extremes.

It seems very obvious that being born with the right qualities from gifted parents will increase a child's ability to do well. However, this ability will be fully realized only with the right upbringing and opportunities. As one psychologist says, "To have a fast car, you need both a good engine and fuel".

Scientists have recently assessed intelligence, achievement, and ability in 50 sets of identical twins that were separated shortly after birth and brought up by different parents. They found that achievement was based on intelligence, and later influenced by the child's environment. One case involving very intelligent twins was quoted. One of the twins received a normal upbringing, and performed well. The other twin, however, was brought up by extremely supportive parents and given every possible opportunity to develop its abilities. That twin, though starting out with the same degree of intelligence as the other, performed even better. This case reflects the general principle of intelligence and ability. The more favorable the environment, the more a child's intelligence and ability are developed. However, there is no link between intelligence and the socioeconomic level of a child's family. In other words, it does not matter how poor or how rich a family is, as this does not affect intelligence.

Gifted people cannot be created by supportive parents, but they can be developed by them. One professor of music said that outstanding musicians usually started two or three years earlier than ordinary performers, often because their parents had recognized their ability. These musicians then needed at least ten years' hard work and training in order to reach the level they were capable of attaining. People who want to have very gifted children are given the following advice:

- Marry an intelligent person.
- Allow children to follow their own interests rather than the interests of the parents.

- Start a child's education early but avoid pushing the child too hard.
- Encourage children to play, for example, playing with musical instruments is essential for a child who wants to become an outstanding musician.

Question 1: The upbringing of highly intelligent children requires ____.

- A. an expensive education
- B. good musical instruments
- C. parental support and encouragement
- D. wealthy and loving parents

Question 2: The word "**others**" used in the first paragraph refers to ____.

- A. other people
- B. other scientists
- C. other children
- D. other geniuses

Question 3: When scientists studied intelligence and ability in twins, they found that ____.

- A. ability depends mainly on intelligence and achievement
- B. intelligence and development are irrelevant to ability
- C. ability depends both on intelligence and on environment
- D. different twins generally have different levels of ability

Question 4: Scientists chose twins for their study because ____.

- A. each twin has the same environment as his/her twin
- B. they are born into the same family, hence the same upbringing
- C. they have the same economic background and hence the same opportunities
- D. they have the same genetic background, usually with similar intelligence

Question 5: How were great musicians different from ordinary musicians in their development?

- A. Their ability was realized at an early stage and then nurtured.
- B. They practice playing their instruments for many years.
- C. They concentrated on music to the exclusion of other areas.
- D. They were exceptionally intelligent and artistic.

Question 6: The remark: "To have a fast car, you need both a good engine and fuel." in the passage means that in order to become a genius ____.

- A. you need to have good health and good nourishment
- B. you need intelligence and you need to develop it
- C. you should try to move quickly and efficiently
- D. you must nourish your brain and train your muscles hard

Question 7: All of the following statements are true EXCEPT ____.

- A. a child's intelligence is influenced by that of his/her parents
- B. to become successful, a child needs both native intelligence and development
- C. studying different twins is a useful scientific procedure
- D. educational development depends completely on economic well-being.