# DOCUMENTARY: THE ISLAND OF OKINAWA

## Before you watch the video

**A) Do you remember these adjectives? Match them to their opposites.**

| | |
|---|---|
| Beautiful • | • different |
| Clear • | • empty |
| Healthy • | • ugly |
| Big • | • relaxed |
| Full • | • dark |
| Sweet • | • old |
| Active • | • bad |
| Good • | • small |
| Similar • | • unhealthy |
| Stressed • | • bitter |
| Young • | • passive |

**B) What's the meaning of these words? Choose the option you think is correct.**

Island
- Islandia
- Isla

Miles
- Miles de
- Millas (medida)

Centenarian
- Persona de 100 años o más
- Persona nacida entre los años 80 y el año 2000

**C) What's the plural for these word?**

**Beach**: beaches - beachs

**Person**: persons - people

**Scientist**: scientists - scientistes

**Life**: lifes - lives

**Potato**: potatos - potatoes

**Garden**: gardens - gardenes

**Child**: children - childs

**Responsibility**: responsibilitys - responsibilities

**D) Some help with vocabulary from the video. Just read the definitions.**

**Anywhere else**: any other place – *cualquier otro lugar*
**Age**: (verb) to grow old – *crecer/ envejecer*
**Seem**: appear – *parecer/ aparentar*
**Through**: during – *durante*
**Body**: the complete structure of a person – *cuerpo*
**Lifestyle**: the way you live – *estilo de vida*
**Before**: previously – *antes*
**Just**: simple – *simplemente, solo*
**Healthiest**: very very healthy, more than other foods – *lo más saludable*
**Seaweed**: green plant from the sea – *alga marina*
**So long**: lasting a lot of time – *tanto/ mucho tiempo*
**Be in a hurry**: quickly – *andar a las apuradas*
**Until**: before – *hasta*
**Reach**: get to – *llegar a*
**Fact**: something that exists, that is true – *un hecho*
**Again**: another time – *de nuevo/ otra vez*

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## Time to watch the documentary

**E) Watch the documentary The island of Okinawa and mark the sentences true or false.**

1. The island of Okinawa is north of Japan.
2. 70-year-old Okinawans have the bodies of 50-year-olds.
3. The Okinawans don't eat meat or fish.
4. They eat a lot of seaweed.
5. They do yoga every day.
6. The Okinawans are often in a hurry.

**F) Choose the correct options.**

1) Why is the island beautiful? 2 options

a. There is clear blue water
b. Beautiful weather
c. A lot of dolphins
d. Wonderful beaches

2) How old are centenarians?

a. A hundred years old or more.
b. Eighty years old.
c. Fifty years old.

3) Okinawans are..... (2 options)

a. ...always in a hurry
b. ...never in a hurry.
c. ...often stressed.
d. ...never stressed.

4) *Hara hachi* is a cultural habit in which they...

a. ...stop eating after they're full.
b. ...stop eating before they're full.

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## Let's check!

**Now you can listen to the audio of the documentary and read the script. Check your previous answers.**

The Island of Okinawa

Okinawa is an island about four hundred miles south of Japan. It's a beautiful island, with wonderful beaches and clear blue water. It also has more centenarians – people who are a hundred years old or more- than anywhere else in the world. What's more, they seem to age more slowly than other people. According to scientists, people there who are actually seventy often have the bodies of fifty-year-olds. Many of them are very healthy through their lives. What's their secret? Most people think it's because of their healthy lifestyle. They don't have big meals – they have a cultural habit called *hara hachi*, which means they always stop eating before they're full. They usually just have fish and vegetables, especially sweet potatoes, and they eat seaweed, which is one of the healthiest foods that there is.

But diet isn't the only reason why the live so long. The Okinawans are very active, and they often work in their gardens until they're eighty or more. Many of them also do *t'ai chi* or martial arts, every day. They have good social life. They visit friends or family, and a lot of them belong to community centers. Some play the traditional Okinawan guitar, an instrument similar to a banjo.

The old people of Okinawa are very positive and happy with their lives. They aren't stressed, because they're never in a hurry. Their spiritual lives are important to them, especially the women, and many of them meditate every day.

In Okinawa, people say you're a child until you're fifty-five. And when you reach ninety-seven, your local town holds a special ceremony called *kajimaya* to celebrate the fact that now it's time to be young again, to be free of all responsibilities and to simple enjoy life.

Beaches in Okinawa

Tai chi

Kajimaya

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