

Watch the documentary *The island of Okinawa*.
Mark the sentences **T** (true) or **F** (false).

- 1 The island of Okinawa is north of Japan.
- 2 70-year-old Okinawans have the bodies of 50-year-olds.
- 3 *Hara hachi* means stop eating before you're full.
- 4 The Okinawans don't eat meat or fish.
- 5 They eat a lot of seaweed.
- 6 They do yoga every day.
- 7 The Okinawans are often in a hurry.
- 8 When Okinawans reach 100 they have a ceremony called *kajimaya*.