4C NICOYA Student B

a Read the article about Nicoya and answer the questions.

1 Where is Nicoya?
2 What do people there do?
3 What do they eat and drink?
4 What exercise do they do?
5 When do they get up and go to bed?
6 How long do they sleep?
7 What is a *plan de vida*? How does it make a difference to their lives?

Nicoya, Costa Rica

Nicoya in is the north-west of Costa Rica, near the border with Nicaragua. Most of the people who live there are farmers. In Nicoya people eat small meals. They usually have beans, rice, sweet potatoes, and sometimes a little meat, an egg, or some cheese. They also have some unusual fruits, for example the *marañón*, a fruit similar to an orange, with a lot of vitamin C. They drink a lot of water – the local water is unusually rich in calcium and magnesium.

They are very active during the day – they work outside, and they walk everywhere, or ride horses. They don't watch television and they don't use the internet, so they go to bed when it's dark and get up when it's light. They sleep well, usually eight hours a night.

All people in Nicoya have something called a *plan de vida*. It means 'a reason to get up every morning'. This may be work or family, and it's what makes even people who are over 100 still feel necessary.

Glossary
beans



1
2
3
4
5
6
7

TIME FOR A GLOSSARY:
Write as many words as you find in the text (escribir la mayor cantidad de palabras) under each category.

c What words and phrases can you remember from the articles? write words in each category.



LIVEWORKSHEETS