5 VIDEO LISTENING

a 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*.

b Watch again and correct the **F** sentences.

1
2
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c What does Okinawa have in common with Ikaria and Nicoya? Are there people in your country who live like this? In what ways is your lifestyle similar to or different from life in the 'Blue Zones'? Would you like to live in one of the 'Blue Zones'?

LIVEWORKSHEETS