The secrets of a long life

1. TYPE in the missing word from the list. <u>TWO EXTRA words!</u>

Scientists - places - common - areas - people - the world

In three …… of the world a very high number of people live to be 100. …… want to know why. What do the three …….. have in ……. ?

2. TYPE in the missing word from the list. <u>ONE EXTRA word!</u>

river - secondly - diet - air - social - temperature - there - friends' - thirdly - hardly - friend's - between - called - its - firstly - take - degrees - fields - rich

In Ecuador …… is a small village in the Andes: Vilcabamba. It is often ……. 'the Valley of Long Life'. What's …… secret? ……. , Vilcabamba is not very hot or very cold – the ……. is usually ……. 18 and 27 …….., and the …….. is very clean. …… , people work hard in the ……..., and do a lot of exercise. …….. , their …….is very healthy – they eat a lot of fruit and vegetables, and they ……..ever eat meat or fish. The water they drink, from the ……. in Vilcabamba, is very …… in minerals. They also have a good …… life. In Vilcabamba people say, 'The left leg and the right leg help you to be healthy, because they ……. you to your …….. homes.'

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3. TYPE in the missing word from the list. NO EXTRA words!

Outside - very well - stressed - shepherd - with - take - much - most - out of - normally - healthy - hard - region -

In Ogliastra, a mountain …….of Sardinia, one …….. every 200 people lives to be 100, and they are …… very healthy, too. …….. of the people in the villages work ……...in their fields and …… their animals. They have a …… diet, with a lot of vegetables and not …… meat or fish. They hardly ever ……. any medicine. 'Life is ……..,' says Fortunato, who is a ……., 'but I am never ……... I never read the newspaper – because I can't read ……..'

4. TYPE in the missing word from the list. NO EXTRA words!

Journalists - from - until - do - answer - also - just - a hurry - more - active - see - has

People in Okinawa in Japan …….. not have big meals. They usually …….. have vegetables and fish, and often eat soya. Okinawans are very …….. , and they often work ……...they are 80 or ……... But they ……... relax every day – they …… friends and they meditate. Ushi, ……. Okinawa, is 107. In the evening she often dances with her daughter and ……. a glass of sake. 'I want to have a boyfriend,' she says. When ……... ask people from Okinawa 'What is your secret?' they ……., 'We are happy, we are always positive, and we are never in ……...'

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LIVEWORKSHEETS