## VIDEO LISTENING



**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*.