

Read the text and decide if the sentences are T (true) or F (false).



There exists an idea that the life of Japanese people, on average, is much longer than that of the Europeans. It may be considered that this happens due to the food eaten by most Japanese people since childhood. As to their life-style, one shouldn't consider modern Japan life less stressful than that of people living in the west.

The Japanese fish and rice diet is largely what they live on. Traditionally at lunch-time a typical Japanese family will eat at least twice as many vegetables as people do in Europe.

If to compare them with Europeans, the Japanese consume far less meat and fewer potatoes; at the same time, they eat seven times more fresh fish than Europeans which makes their diet much healthier.

Needless to say that, on average, the Japanese use far less sugar than Europeans, though the modern Japanese who often visit Europe on business, sightseeing or for pleasure, discover the good and bad sides of western-style eating habits.



1. Europeans consider they live longer than the Japanese.

T (true) F (false)

2. The Japanese experience more stress than western people.

T (true) F (false)

3. The Japanese diet differs from the European one.

T (true) F (false)

4. Europeans eat more vegetables than the Japanese.

T (true) F (false)

5. When in Europe, the Japanese discover the bad sides of western national food. **T (true) F (false)**