

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.