



Teacher CHRIS

Writing Activity - Unit 4C

Theme: Blue Zones – The Secret to a Long Life

What are Blue Zones?

Blue Zones are special places where people live longer and healthier lives. Scientists study these places to understand why people there live past 90 or even 100 years old.

There are five Blue Zones in the world:

-  Okinawa, Japan
-  Sardinia, Italy
-  Nicoya, Costa Rica
-  Ikaria, Greece
-  Loma Linda, USA

People in Blue Zones have healthy habits. They eat natural food like vegetables, fruits, beans, and fish. They don't eat a lot of sugar or processed food. They also exercise every day, but not in a gym! They walk, work in their gardens, and do housework.

Another secret is community. They spend time with family and friends. They talk, laugh, and help each other. They also sleep well and don't feel too much stress.

Would you like to live in a Blue Zone?

Part 1 – Answer the Questions

How many Blue Zones are there in the world?

 _____

What kind of food do people eat in Blue Zones?

 _____

Do they go to the gym to exercise?

 _____

Why is family and community important in Blue Zones?

 _____

Part 2 – Complete the Sentences

People in Blue Zones eat _____ food. (healthy / fast)

They live a _____ life. (stressful / simple)

They walk, work in the garden, and do _____ for exercise. (housework / nothing)

They do not eat too much _____. (vegetables / sugar)

They spend time with _____. (friends and family / their phones)



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Part 3 – Write About Your Healthy Habits

Write 5–6 sentences about your daily routine and healthy habits. Use simple words.

Example:

I eat vegetables and fruits every day.

I walk to school/work in the morning.

I drink a lot of water and sleep 8 hours.

I don't eat too much sugar.

I like to spend time with my family and friends.

 Now, write your paragraph:

 _____

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 _____

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