

READING



Secrets to a Long Life

- a. Do you want to live a long, healthy life? Then maybe you should take a look at how they live on the Greek island of Ikaria. The island is famous for the long lives of its **residents**. One third of the people there live to be 90 or more, and many live to 100 and beyond. So, what is special about the island of Ikaria?
- b. Exercise is an important part of the Ikarians' daily life. They enjoy outdoor activities, like gardening, and in the evening, they often go dancing. They also walk a lot. Their lives, in general, are relaxed. They often take afternoon **naps** and meet with friends and family.
- c. What Ikarians eat is also interesting: people on the Ikarian diet eat mostly plant-based foods. Their diet is full of green vegetables, beans, and nuts. They also eat a variety of fruits and whole

grains, such as brown rice. But Ikarians are not completely vegetarian. People on the island sometimes eat fish caught locally. They also eat some chicken or pork but only around five times a month.

- d. People on Ikaria also eat very little sugar. It is difficult to stop eating sugar completely because it is in fruits, vegetables, and even milk. But Ikarians often **avoid** eating foods with added sugar, like cookies and candy. Instead, they snack on nuts, seeds, and fruit. Why not try the Ikarian diet and see how it changes your life?

residents people who live in a place

naps short times of sleep

avoid stay away from; choose not to do something

B Read the article. Write the letter of each paragraph next to the question it answers.

- _____ 1. What activities do Ikarians enjoy doing?
- _____ 2. What don't people eat very often on the Ikarian diet?
- _____ 3. What do people eat on the Ikarian diet?
- _____ 4. Where do many people enjoy long, healthy lives?

C Read the article again. Circle **T** for *true*, **F** for *false*, or **NI** for *no information* (if the answer is not in the reading).

- | | | | |
|---|---|---|----|
| 1. On Ikaria, women live longer than men. | T | F | NI |
| 2. All Ikarians live to be 90. | T | F | NI |
| 3. Ikarians like exercising outside. | T | F | NI |
| 4. People on Ikaria have stressful lives. | T | F | NI |
| 5. Ikarians eat many types of fruit. | T | F | NI |
| 6. All people on Ikaria are vegetarian. | T | F | NI |
| 7. Ikarians often snack between meals. | T | F | NI |

VOCABULARY

A Complete the sentences with words from the box. One word is not needed.

diet ingredients meals prepare special variety

1. We are what we eat: the first step to healthy living is a healthy _____.
2. If you want to know *what* you are eating, _____ dishes at home as much as possible. Food in cafes and restaurants often has a lot of sugar and fat.
3. When you can, buy _____ from farmers' markets. They are usually fresher because they arrive directly from farmers' fields.
4. It's important to have _____ in your diet. This will keep you healthy, and you won't get bored eating the same foods.
5. On _____ occasions, like your birthday, why not forget the diet and have a slice of cake?

A Complete the text with words from the box.

avoid common communication connect customs increase polite way

Good (1) _____ is so much more than just learning the words of a language. If you want to (2) _____ with people of another culture, it's very important to learn their (3) _____ in order to be (4) _____. For example, when you first meet someone, you need to know if it's (5) _____ to shake hands, bow, or kiss, and if so, how many times? In Argentina, just one kiss on the cheek is usual; in Greece, it's two, and in Belgium, it can be three! Learning the right (6) _____ to greet someone when you're traveling can help you (7) _____ uncomfortable situations and (8) _____ your chances of making friends.



▲ Shaking hands is a common business greeting in many countries.

A Complete the sentences with words from the box.

crowded million neighborhood pedestrians population traffic transportation vehicles

1. A common problem with living in a city is the _____. It usually takes people a long time to get to work because there are so many cars on the roads.
2. The _____ of Germany has increased because many people from other countries have decided to move there.
3. Good public _____ really helps people get around, especially if they don't have their own car.
4. I've lived in this _____ all my life. It's safe, and the people are friendly.
5. There are more than 20 _____ people living in the Mexico City area.
6. Nowadays, there are more _____ on the roads. One reason is that more people own cars now.
7. It was really _____ on the bus this morning. There were so many people that I couldn't get a seat.
8. Wide sidewalks and special areas for crossing the road help keep _____ safe when they are walking around a city.

GRAMMAR

C Circle the time phrase in each sentence. Then write the verb in the simple present, present continuous, or simple past.

1. I usually _____ (eat) cereal for breakfast.
2. Last month, I _____ (travel) to Peru.
3. Right now, I _____ (watch) TV.
4. Yesterday, I _____ (have) dinner with Jie.
5. Normally, my dad _____ (do) the shopping.
6. Mom _____ (make) the soup now.

B Read the sentences. Circle **SP** for *simple past* or **PP** for *present perfect*.

1. My brother has traveled to Europe three times. SP PP
2. I have worked for this company since 2010. SP PP
3. I met some really interesting people on my trip to China last summer. SP PP
4. We have known each other for a really long time. SP PP
5. I saw that movie two weeks ago. SP PP
6. Last year, I worked in Berlin for six months. SP PP
7. We have seen that movie too many times. Let's watch something else. SP PP

C Complete the paragraph with the simple past or present perfect form of the verbs in parentheses.

I like to travel. I (1) _____ (visit) many countries over the years. One of my favorite experiences was when I (2) _____ (go) to Hawaii. Of course, the place is beautiful: green mountains, blue seas, and white sands. But I also (3) _____ (meet) many of the local people and (4) _____ (learn) about their customs. They spoke to me in English, but I heard them speak Hawaiian, too. They (5) _____ (tell) me that in the early 1980s their language was in danger because only a few hundred people spoke it. But since 1987, the state (6) _____ (provide) programs in schools to increase the number of people who speak the language. I hope in this way the Hawaiian language can be saved from extinction.

C Circle the correct word.

There are many ideas about what cities will be like in the (1) *future / past*. Some people believe cities in the future will (2) *having / have* more green spaces, like parks, and that there will be more places for pedestrians to (3) *walk / drive*. Many people hope cities will (4) *using / use* more green energy in the future and that there (5) *won't / aren't* be so many cars. It's possible that there will (6) *be / are* more electric cars. Many people think there will be more public (7) *traffic / transportation* in the future and that vehicles won't (8) *needed / need* drivers. What do you think future cities will be like?