

## UNIT 1-SECTION 1- VIDEO: LONGEVITY LEADERS

### 1/ Listen and type the correct words:

Lifestyle - shepherd - lifespan - longevity - Centenarian – processed - traditional

-  being at least 100 years old
-  subjected to a special treatment
-  consisting of or derived from a practice of long standing
-  a manner of living that reflects one's values and attitudes
-  someone who keeps sheep together in a flock
-  the period during which a person, animal, or object exists
-  the property of having lived for a considerable time

### 2/ Drag and drop words to the right places

A \_\_\_\_\_ is a person who herds flocks or groups of animals.

While tortoises are not known for their quickness, their \_\_\_\_\_ is amazing.

\_\_\_\_\_ Mexican food includes tortillas and beans.

Could you live off a diet of white bread and canned soup forever? You're a fan of \_\_\_\_\_ then — i.e., food that's undergone a special treatment or procedure to change it.

Someone's \_\_\_\_\_ is the total length of time they're alive, from birth to death.

processed food

longevity

shepherd

Traditio

lifespan