



TOPIC: Living longer and better

OBJECTIVES: To learn vocabulary related to health. To read a text comprehensibly.

HOW TO LIVE TO 100?

I. Match the following words with their definition in English.

- | | | | | |
|---|-----------------|----|----------------------|---|
| A | Life expectancy | 1. | <input type="text"/> | anything that affords particular pleasure or enjoyment |
| B | Lifespan | 2. | <input type="text"/> | a way of losing body weight quickly by eating very little |
| C | Daily treats | 3. | <input type="text"/> | the duration of existence of an individual |
| D | Crash diet | 4. | <input type="text"/> | the number of years a person can expect to live |

II. Read the text on pages 64 and 65 and answer the following questions.

1. What is the text about?

2. What says the United Nations about life expectancy?

3. What are the less conventional pieces of advice?

4. What is the 'PARADOX' presented in the text?

5. What is the key to longevity?

III. Read again. Write numbers from 1-6

Which **paragraph** mentions....

- ...popular pieces of advice?
- ...a less conventional advice?
- ...that life expectancy is higher than before?
- ...features that centenarians do not carry out?
- ...a controversial recommendation?
- ...a paradox about healthy eating/drinking?

IV. Answer [**T**]true or [**F**]false

1. Life expectancy is increasing by 20%.
2. Longevity may be attributed to less conventional habits.
3. Centenarians recommend a daily drink.
4. Staying active, sleeping well are also part of living well into old age.
5. Having religious beliefs makes people live less.
6. Crash diets are the best to live longer.
7. The happy balance between enjoying and having a healthy life is the key.