

Reading

1. How many years do people in the world live on average?

- a) 80.12 years old
- b) 75.34 years old
- c) 72.79 years old

2. You will read an article about people around the world up until 100 years.

Mark with an "X" the things you think help people live to be 100.

- ☐ They have big families
- ☐ They aren't in a hurry
- ☐ They sleep eight hours.
- ☐ They have pets.
- ☐ They hardly ever eat meat
- ☐ They hardly ever take medicine
- ☐ They often go to the doctor.
- ☐ They work outside
- ☐ They often see their friends.

The secrets of a long life

In three areas of the world, a very high number of people live to be 100. Scientists want to know why. What do the three places have in common?

Ecuador

Vilcabamba, a small village in the Andes, is often called "the Valley of Long Life." What's its secret? Firstly, Vilcabamba is not very hot or very cold – the temperature is usually between 64 and 80 degrees Fahrenheit (18 and 27 degrees Celsius), and the air is very clean. Secondly, people work hard in the fields and exercise a lot. Thirdly, their diet is very healthy. They eat a lot of fruit and vegetables, and they hardly ever eat meat or fish. The water they drink, from the river in Vilcabamba, is very rich in minerals. They also have a good social life. In Vilcabamba people say, "The left leg and the right leg help you to be healthy, because they take you to your friends' homes."

Italy

In Ogliastra, a mountain region of Sardinia, one out of every 200 people lives to be 100, and they are usually very healthy, too. Most of the people in the villages work outside in their fields and with their animals. They have a healthy diet, with a lot of vegetables and not much meat or fish. They hardly ever take any medicine. "Life is hard," says Fortunato, who is a shepherd, "but I am never stressed. I never read the newspaper – because I can't read very well."

Japan

People in Okinawa in Japan do not have big meals. They usually just have vegetables and fish, and often eat soy. Okinawans are very active, and they often work until they are 80 or more. But they also relax every day – they see friends and they meditate. Ushi, from Okinawa, is 107. In the evening, she often dances with her daughter. "I want to have a boyfriend," she says. When journalists ask people from Okinawa "What is your secret?" they answer, "We are happy, we are always positive, and we are never in a hurry."

Reading

3. Read the article. Mark the sentences True or False. Say why F ones are false.

	T or F	
A. The weather in Vilcamba is very hot all year.	☐	☐
B. The water in Vilcamba is very rich in mineral, so that's why the people are healthy.	☐	☐
C. People in Ogliastra always take medicine when they are sick	☐	☐
D. People in Okinawa like to be more with family than friends	☐	☐
E. People in Okinawa have big meals with lots of meat and veggies	☐	☐
F. In the three places, people live longer because they are active and work outside.	☐	☐
G. In the three places, people have a big circle of friends and family to be happy.	☐	☐

4. Search for these words in the text. What do they mean?

healthy	most	meal	in a hurry
rich	can/can't	journalist	

5. Look at the list in exercise 2. Are these things true in Chile? Do people live long lives?

Reading

5. Interview your partner. Answer the questions in the questionnaire. Then, ask your partner the questions.

How often do you...?

- 1 **have breakfast**
 - a hardly ever / never
 - b sometimes / usually
 - c always
- 2 **eat fresh fruit and vegetables**
 - a hardly ever
 - b once a day
 - c three times a day
- 3 **eat fast food**
 - a often
 - b sometimes
 - c hardly ever / never
- 4 **exercise**
 - a hardly ever / never
 - b once or twice a week
 - c three or four times a week
- 5 **feel tired or stressed**
 - a always / often
 - b sometimes
 - c hardly ever / never

- 6 **relax**
 - a hardly ever / never
 - b sometimes
 - c every day
- 7 **see your friends**
 - a sometimes
 - b often
 - c very often

How many...?

- 8 **hours do you usually sleep a day**
 - a 0 to 4
 - b 5 to 6
 - c 7 to 9
- 9 **cups of coffee do you drink a day**
 - a more than five
 - b usually only one or two
 - c I don't drink coffee
- 10 **Which of these is true for you?**
 - a I'm not very positive about life.
 - b I'm usually positive about life.
 - c I'm always positive about life.

Now calculate your partner's score.

a = 5 b = 7 c = 10 Total score = number of years you live