Ikaria, Greece

Ikaria is a small Greek island near the coast of Turkey. How do the people there live? They eat a lot of beans, potatoes, and green vegetables, and they sometimes eat fish, but they hardly ever eat red meat or sugar. They drink a lot of herbal tea, but they also drink some red wine every evening with their dinner. They do a lot of exercise, but they never go to a gym. They work in their gardens, and they walk everywhere – not many people in Ikaria have a car. They also have a siesta every afternoon.

Ikaria is a very safe place. In the village of Raches, the police station is closed. The people say they don't need police. People also have a very good social life. The island is famous for its tradition of *panagiria*, or festivals. Between May and October, the island has between two and four festivals every week, where people eat, drink, and dance all night. They call Ikaria 'the island where people forget to die'.

Glossary

beans



herbal tea



a Read the article about Ikaria and answer the questions.

1 Where is Ikaria?
2 What do the people eat and drink?
3 What exercise do they do?
4 What do they do after lunch?
5 Is Ikaria a safe place? How do you know?
6 Do they have a good social life? What examples does the article give?
7 What do people call the island?

1
2
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4
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7

TIME FOR A GLOSSARY: Write as many words as you find in the text (escribir la mayor cantidad de palabras) under each category.

c What words and phrases can you remember from the articles? write words in each category.





LIVEWORKSHEETS