

Name: _____

Vocabulary

Mark: _____ / _____

(выучить лексику)

Low/high in calories - с низким/высоким содержанием калорий

Health benefits - польза для здоровья

Life threatening - угроза жизни

Prevent illnesses - предотвратить заболевания/болезни

Heart disease - сердечное заболевание

Centenarians - долгожители

Longevity - долголетие

Burn calories - сжигать калории

Savour - смаковать, наслаждаться вкусом

Cancer - рак (онкология)

Low-fat diet - низко-калорийный рацион

Heart attack - сердечный приступ

Diabetes - диабет

Task 1.

Read and choose the correct variant:

1. What is the secret of Japanese people`s **LONGEVITY/ILLNESSES**?
2. Okinawa is famous for the healthiest **QUEUE/CONCENTRATION** of centenarians in the world.
3. One of the **BENEFITS/COMPLAINTS** of consuming vegetables is healthy skin.
4. Eat tofu slowly to **SAVOUR/PREVENT** its taste.
5. People who suffer from **CANCER/DIABETES** aren`t allowed to eat sweet products.

1	2	3	4	5

Task 2.

Correct the mistakes in the sentences below. Write down the correct information (words).

1. Makato Okushima lives in China.
2. There are over 500 centenarians on the islands of Okinawa.
3. Tofu is a soya product low in protein and vitamins.
4. Black tea has many health benefits and helps burn calories.
5. Local people have a low-fat diet and try to eat quickly.

1	2	3	4	5

Task 3.

Read and answer the questions. These are the secrets to long life, according to 4 of the oldest people in the world.

1. Emma Morano (117 years old)

Emma Morano, thought to be the world's oldest person and the last to be born in the 1800s, celebrated her 117th birthday in Verbania, Italy on 29 November, 2016.

The supercentenarian, who was born in 1899, said that "being single" is the reason that she's still alive.

She also credits her long life to her simple, and slightly unusual, diet.

"I eat two eggs a day, and that's it," she said. "And cookies. But I do not eat much because I have no teeth."

Morano says at age 20 – almost a century ago, when she was diagnosed with anaemia – she started eating two raw eggs and one cooked egg every day.

Ms Morano, who does not eat meat either, has lived alone since she left her husband in 1938.

"I didn't want to be dominated by anyone," she said.

What is the secret of Emma Morano's longevity?

2. Violet Brown (116 years old)

Violet Brown is Jamaica's oldest living person and, at the age of 116 years and 273 days, is the second-oldest verified living person in the world behind Emma Morano. The supercentenarian, who is affectionately known as "Aunt V" to her family, was born on March 10 1900 in the same part of the Island as Olympic champion Usain Bolt.

According to her son, Harold Brown, Violet eats smaller meals, and never eats pork or chicken. He told the Jamaica Observer that she "likes fish and mutton and sometimes she will have cow foot." Her diet contains plenty of locally-grown produce like sweet potatoes, breadfruit, oranges and mangoes.

Violet, a member of the Baptist church and a keen organist, also attributes her age to her faith. In 2011, she told the Jamaica Gleaner that following the Ten Commandments was her secret to a long life – "Honour your mother and father so your days may be long."

What is the secret of Violet Brown's longevity?

3. Nabi Tajima (116 years old)

Born on August 4 1900, Nabi Tajima is the oldest verified person living in Japan, and lives in the city of Kagoshima. She had nine children (seven sons and two daughters), but by September 2015 she had more than 140 descendants including 28 grandchildren, 56 great-grandchildren and 35 great-great-grandchildren.

She was crowned Japan's oldest citizen after the death of Misao Okawa, who held the title of the world's oldest person until she died on April 1 2015, aged 117 years and 27 days.

Tajima has never spoken in public about her lifestyle, but in 2014, Okawa told The Japan Times the key to longevity is "eating delicious things." These included ramen noodles and beef stew, as well as hashed beef and rice mackerel sushi.

"Eat and sleep and you will live a long time," she said. "You have to learn to relax."

What is the secret of Nabi Tajima's longevity?

4. Adele Dunlap (113 years old)

Adele is the oldest person living in the U.S.A, and the ninth oldest in the world. She was born on December 12 1902, and currently lives in New Jersey.

Both she and her son Earl are baffled by her age. He told NorthJersey.com that Adele never led an overly healthy lifestyle.

"She never went out jogging or anything like that," he said. "She smoked, and when my father had his first heart attack, they both stopped. I think she ate anything she wanted."

On the other hand, there is one food she swears by: oatmeal.

What is the secret of Adele Dunlap's longevity?