Watch the documentary The island of Okinawa. Mark the sentences T (true) or F (false):

1. The island of Okinawa is north of Japan.

2. 70-year-old Okinawans have the bodies of 50-year-olds.

3. Hara hachi means stop eating before you're full.

4. The Okinawans don't eat meat or fish.

5. They eat a lot of seaweed.

6. They do yoga every day.

7. The Okinawans are often in a hurry.

8. When Okinawans reach 100 they have a ceremony called Kajimaya.

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