

UPPER-INTERMEDIATE UNIT 6

1 Discuss in pairs. Which of these things will make you live longer, and which will shorten your life? Why?

- eating lots of fruit and vegetables
- doing hard exercise
- sleeping a lot
- reading a lot
- having a good social life
- having lots of children

2 Watch the DVD and answer the questions.

- 1 Do the Okinawans live long intentionally, or is it just a consequence of their lifestyle?
- 2 What is the centre of village life in Ogimi?
- 3 What is the most important thing to consider when buying food, according to Bradley?
- 4 How long have Bradley and Craig been studying the Okinawans' diet?
- 5 What do the vegetables help to prevent?
- 6 What is the most important thing when buying food in the West, according to Craig?
- 7 How can we learn the secrets of long life?



3A Work in pairs. What do these numbers refer to in the DVD?

- 1 1 million _____
- 2 900 _____
- 3 4 _____
- 4 92 _____
- 5 80 _____
- 6 1200 _____
- 7 20 _____

B Watch the DVD again to check.

4 Complete the extracts with a word from box A and a word from box B.

A

antioxidant care early life protective
rainbow remote well

B

beyond diet enhancing grave island
less properties rich

- 1 The _____ of Okinawa is home to one of the longest living communities in the world.
- 2 Where people like Mr Miyagi can expect to live _____ his 92nd year.
- 3 Most of them couldn't _____ what the scientists think.
- 4 You might think of it as a _____.
- 5 For the past twenty years Bradley and Craig have been analysing the _____ - _____ Okinawan ingredients.
- 6 From the _____ - _____ vegetables that protect against cell damage, ...
- 7 The Okinawans developed also cultural habits over the years that appear to have health-_____.
- 8 What you're doing is just digging yourself into an _____.

5A Choose one of the other top 5 places noted for the longevity of its population and find out as much as you can about it. Use questions 1–4 to help you.

- Loma Linda, California
- Sardinia, Italy
- Nicoya, Costa Rica
- Ikaria, Greece

- 1 How old do people here live on average?
- 2 What do they eat?
- 3 What things do they do every day to live longer?
- 4 Why do they live longer?

B Work in groups. Ask and answer questions about the place you chose.

A: I chose Ikaria.

B: How old do people live there, on average?

A: Almost ninety years. That's ten years more than mainland Greece.