

# What Are Their Secrets?



## 1. Read the story

Look at the pictures on these pages.  
What is the story about? Now read it.

**OKINAWA, JAPAN** <sup>1</sup>Imagine a place where people are super-fit\* and heart disease and cancer\*\* are rare. It's not a dream! It's Okinawa, a Japanese island. Okinawans live longer than people anywhere else in the world.

<sup>2</sup>What are their secrets? Dr. Makoto Suzuki, who studied Okinawans for 25 years, wrote a book that explains their habits. <sup>3</sup>The first key to their long lives is good eating. Most Okinawan elders\*\*\* eat at least seven fruits and vegetables a day. They are fond of fish and avoid red meat. They are also regular eaters of tofu. <sup>4</sup>And they eat light meals, stopping before they're full. "Eat until you're 8/10 full," they say.

<sup>5</sup>Elders in Okinawa don't sit in front of the TV all day—they work in their gardens, dance, and do

tai chi. As a result, their hearts and bones stay healthy. <sup>6</sup>They live on "Okinawan time," enjoying life and never rushing. <sup>7</sup>Elders also have extremely close ties to family and friends.

<sup>8</sup>Okinawans have 80 percent fewer heart attacks than Americans. Sadly, however, life on the island is changing. As fast-food restaurants and Western habits become more popular, lives are getting shorter.

\* super-fit: very healthy

\*\* cancer: a very serious illness that makes some cells (very small parts in the body) grow too fast

\*\*\* elders: people who are older than other people in the same group

## NEW WORDS

imagine *v*

habit *n*

regular *adj*

bone *n*

heart attack *n*

rare *adj*

at least *adv*

light *adj*

rush *v*

else *adv*

be fond of *v*

as a result *adv*

tie *n*

>> See Glossary on page 91. >>

## 2. Rate the story

How much did you like it? Mark an X.

Not at All

A Lot

1

2

3

4

5



### 3. Check your comprehension

Check (✓) the endings that are true.

- |                            |                                    |
|----------------------------|------------------------------------|
| a. Okinawan elders live    | b. Okinawan elders eat             |
| ___ on an island.          | ___ a lot of fish.                 |
| ___ very long lives.       | ___ a lot of red meat.             |
| ___ in front of their TVs. | ___ tofu regularly.                |
| ___ on "Okinawan time."    | ___ heavy meals.                   |
| ___ rushed lives.          | ___ until they're completely full. |

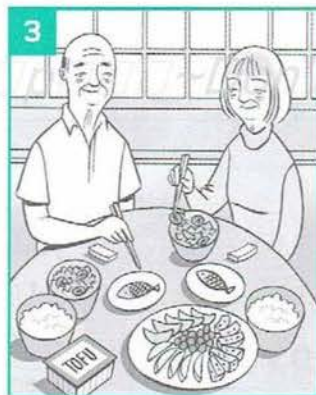
### 4. Check your vocabulary

Complete the sentences with the New Words.

- Heart disease and heart \_\_\_acks are r\_\_\_ on Okinawa.
- Okinawan elders eat at l\_\_\_\_\_ seven fruits and vegetables a day.
- They are fo\_\_\_ of fish and eat li\_\_\_ meals.
- Okinawan elders enjoy life and don't r\_\_\_\_\_.
- Most have very close ti\_\_\_ to family and friends.

### 5. Listen to the story track 16

Now listen to the story two or three times. Look at the pictures below as you listen.



### 6. Retell the story

Cover the story and look at the pictures above. Retell the story using the New Words.

## 7. Answer the questions

### About the story...

- Where is Okinawa?
- What are the eating habits of the Okinawan elders?
- Are these eating habits different from yours? How?
- What do you know about fast food and health?

### About you...

- Would you like to live in Okinawa? Why or why not?
- What do you do to keep your heart and bones healthy?
- What foods are you fond of?
- What changes, if any, do you think you should make to your diet?

## 8. Learn word partnerships

Study the partnerships below. Complete the sentences so they are true for you.

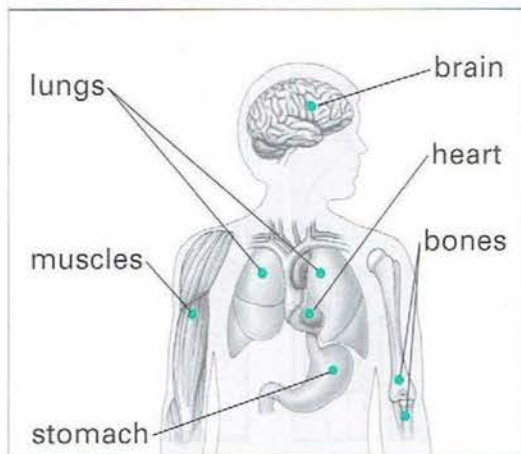
BE FOND OF		
be fond of	something or someone doing something	<b>The Okinawans are fond of fish.</b> <i>I'm fond of my neighbors.</i> <i>I'm fond of reading.</i>
be <b>really</b> <b>not at all</b>	fond of	<i>My aunt is really fond of me.</i> <i>I'm not at all fond of dancing.</i>

- I'm fond \_\_\_\_\_ in the summer.
- I'm \_\_\_\_\_ fond of my neighbors.
- Two foods I'm \_\_\_\_\_ fond \_\_\_\_\_ are \_\_\_\_\_ and \_\_\_\_\_.

## 9. Learn word groups

Complete the sentences so they are true. Use words from the picture.

### INSIDE THE BODY



- The \_\_\_\_\_ sends and receives messages.
- Exercise makes our \_\_\_\_\_ bigger.
- We breathe with our \_\_\_\_\_.
- Most people have 206 \_\_\_\_\_ in their bodies.



## 10. Take a dictation track 17

Use your own paper to write the dictation. Check your answers on page 86.

## 11. Complete the story

Use the words from the box to complete the story.

brain   habits   as a result   are fond of   bones   imagine

### Young at Heart

CALIFORNIA, USA, and ENGLAND Can you (1) \_\_\_\_\_ yourself at 104 years old? Will you have fun and continue to learn new things? Meet three unusual elders who are young at heart and, (2) \_\_\_\_\_, are really enjoying their later years.

Daisy Barton, a 104-year-old British woman from Brighton, bought a scooter\* for her last birthday. Although she fell off and broke some (3) \_\_\_\_\_ recently, she can't wait to get back on it. "You're never too old for a new adventure," says the great-grandmother.

Eleanor Braver just turned 90. She's the oldest teacher in Los Angeles. "You can live long like me," she tells her teenage students, "if you have healthy (4) \_\_\_\_\_." Her students (5) \_\_\_\_\_ her and say their teacher doesn't seem old at all.

Then there is Gustava Bennett-Burrus, 97, who is going back to school to study computers. "I have always wanted to do this," she says. Bennett-Burrus, who lives in Northern California, stopped going to school when she was eight because she had to help her parents pick cotton in the fields. "I want to use my (6) \_\_\_\_\_," she says. "I always have good ideas."



\*scooter: a small motorcycle



### Talk about the stories

Imagine that you and a partner are an Okinawan elder and Daisy Barton. You are meeting for the first time. Tell each other about your lives.