

THE HEALTHIEST PEOPLE IN THE WORLD

The Japanese islanders, the Okinawans, are reputedly the longest living people in the world. The text discusses why.

Author: Mike Sayer

The text examines how diet, lifestyle and maintaining close relationships all seem to be key to longevity amongst Okinawans, the healthiest people in the world. Students do comprehension exercises and work on expressions from the text.

The text is taken from: **Award** Teacher's Resource Book 1 p. 59, Mike Sayer, ©Macmillan Publishers Ltd 2012

Instructions:

1. Pre-reading vocabulary exercises
2. While reading exercises
3. Language focus exercises

