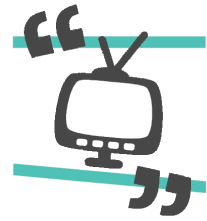


HOW TO LIVE TO 100!



ESL TUBE

<https://tinyurl.com/y8hrkw9a>

Want to love to 100? This episode of the infographics show will explain some of the things you can do to help yourself achieve that goal!

WATCH AND LISTEN

1. In 1981 what was the life expectancy for a British Woman?			
A) 81.9	B) 82.5	C) 84.6	D) 89.1
2. What does the narrator mention as something that claims to extend life?			
A) Vitamin Water	B) Marathons	C) New Medicine	D) Mind Therapy
3. What are 'feel-good' chemicals?			
A) Sugar	B) Caffeine	C) Dopamine	D) Salt
4. How many years did Alexander Imich live for?			
A) 109	B) 110	C) 111	D) 112
5. What is a good way to avoid stress?			
A) Find a Hobby	B) Find a Partner	C) Get a Pet	D) Be Rich
6. How much does social isolation increase risk of death?			
A) 25%	B) 30%	C) 50%	D) 60%
7. What did Emma Marano eat every day until she was 117?			
A) Raw Meat	B) Raw Fish	C) Raw Vegetables	D) Raw Eggs
8. Of 855 Swedish men, how many lived to be 100?			
A) 10	B) 20	C) 30	D) 40
9. What health problems can a lack of sleep cause?			
A) Flu	B) Diabetes	C) Headaches	D) Dizziness
10. What did Agnes Fenton drink everyday?			
A) Six Coffees	B) Three Beers	C) Two Teas	D) Four Wines

Follow Up Questions: Use the Transcript to Help Find the Answers

What exercises should you do?

How can you fight stress?

Why is loneliness bad for you?

In Sweden, what do they think are the secrets to a long life?

How much sleep is too much?

How much alcohol, should you drink alcohol if you want to live a long life?

“ DISCUSSION ”

Would you like to live to 100?

What do you do when you feel stressed?

What are the best and worst things about being older?

What do you think is the best advice in the video?

Do you get enough sleep?

What food do you want to eat everyday?



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