**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_**

**Part 1**

**Vocabulary**

**Circle the best answer to complete each sentence.**

1. Many companies add artificial \_\_\_\_ to their foods to increase their shelf life.

A) supplements

B) chemicals

C) consumers

D) surveys

2. Louise takes several \_\_\_\_ every day, including vitamins B, C, D, and E.

A) portions

B) chemicals

C) priorities

D) supplements

3. Fast food companies often \_\_\_\_ young people in their advertising campaigns.

A) consume

B) target

C) supplement

D) comprehend

4. The government introduced a \_\_\_\_ health plan that covers every individual in the entire country.

A) comprehensive

B) visible

C) mental

D) rigid

5. Sebastian was \_\_\_\_ overweight after he gained 25 pounds during college.

A) mentally

B) tensely

C) rigidly

D) visibly

6. His mental outlook changed once health and fitness became a \_\_\_\_ in his life.

A) portion

B) supplement

C) priority

D) target

**Circle the correct word form to complete each sentence.**

7. A positive \_\_\_\_ can help you achieve success in your life.

A) mental

B) mentally

C) mentality

8. The manager’s \_\_\_\_ style of management makes him difficult to work with.

A) rigid

B) rigidly

C) rigidity

9. There was a lot of \_\_\_\_ between them before they discussed the problem.

A) tense

B) tensely

C) tension

10. Diane has been working out for two months and the results are \_\_\_\_.

A) visible

B) visibly

C) visibility

**Use five of the words in the box to complete the sentences.**

chemical comprehensive consumers mentally

portions priority rigid supplements

survey target tense visible

11. Many \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are not aware of the additives hidden in our food.

12. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ showed that only 20.4% of Americans over the age of 18 meet the Health Department’s physical activity guidelines.

13. Martha’s doctor told her to include smaller and fewer \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of meat in her diet.

14. At first, she felt \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ about her new diet, but now she enjoys it.

15. Research suggests that staying \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ fit is as important as staying physically fit.

**Part 2**

**Listening**

**Listen to the lecture. Circle the best answer to complete each sentence.**

16. The lecture is about diet and \_\_\_\_.

A) exercise

B) longevity

C) travel

D) health

17. Dan Buettner called the regions with many older people \_\_\_\_ zones.

A) blue

B) red

C) green

D) gray

18. A centenarian is someone who is \_\_\_\_ years or older.

A) 80

B) 90

C) 100

D) 110

19. The world’s number one killer is \_\_\_\_.

A) stress

B) cancer

C) heart disease

D) dementia

**Listen to the lecture again. As you listen, complete the notes in the Cornell Method.**

|  |  |
| --- | --- |
| **Section A** | **Section B** |
| What is longevity?  Where did Dan Buettner go?  Which country has most centenarians?  What do the Okinawans eat?  What do Ikarians eat?  What do Nicoyans eat? | Longevity = long (20.) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Dan Buettner – researched older people in different countries, e.g. Japan, Greece, Costa Rica  (21.) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_– most centenarians (58,820)  3 servings of (22.) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_per week, whole grains, vegetables, soybean products (tofu) + konbu seaweed  Beans, fresh green vegetables, olive oil, potatoes + goat’s milk  Very little meat + refined (23.) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Plant-based diet. Water is very high in calcium + magnesium |
| **Section C**  Buettner’s research confirms strong (24.) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_bet. healthy eating, exercise + longevity. Secret to longevity > good genes. Fresh food, daily exercise +  (25.) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ contact = long life | |

**Look at the outline for a well-organized presentation. Match the points in the first column with the examples in the second column. Write the letter on the line.**

|  |  |
| --- | --- |
| **I. Introduction** | **Examples** |
| (26.) \_\_\_\_ 1. Greet audience + state topic | A. Let’s look at a few of these regions. |
| (27.) \_\_\_\_ 2. State Buettner’s research question | B. Thanks, everyone. Any questions? |
| **II. Body** |  |
| (28.) \_\_\_\_ Give examples + supporting information. Use facts, statistics, etc. | C. Why do people in some parts of the world live much longer than others? |
| **III. Conclusion** |  |
| (29.) \_\_\_\_ 1. Summarize main points | D. Good morning, everyone. Today, I’ll be talking about … |
| (30.) \_\_\_\_ 2. Thank audience + take questions | E. Buettner’s research into the diets of these communities confirms …. |

**Part 3**

**Speaking**

**Write notes for a one-minute speech about an older person you know. Then present your speech to the class.**

* Who is the older person and how old is he or she?
* Describe the person’s diet and daily activities.
* Have diet and exercise contributed to his or her long life? If so, in what way?