

Ways to Live for 100 Years¹



Task: You will hear a podcast by BBC Learning English discussing the secret of a long life. Listen and take notes. You do not have to write complete sentences, but one word is not enough. (You will have 10 seconds after the first listening and 20 seconds after the second listening.)

NOTES

Centenarian:

- ...*lived to be 100 years old*...

Number of centenarians in 2021:

- _____

Meaning of 'Twilight Years':

- _____

Factors for living longer and healthier:

- diet
- exercise
- _____
- _____

Ways of defying death and staying young?

- Dorian Gray scenario: delaying the aging process
- The Fountain of Youth: _____
- Peter Pan scenario: slowing down the ageing process through:

Oldest human ever recorded: _____

¹ Source: BBC Learning English. "Ways to Live for 100 Years." 6 Minute English, Episode 231026, 26 Oct 2023. [https://www.bbc.co.uk/learningenglish/english/features/6-minute-english_2023/ep-231026]

Task 2: Complete the second sentence so that it has a similar meaning to the first sentence, using the KEY WORD given in brackets. Do not change the KEY WORD given. You must use between two and five words including the KEY WORD. There is one example (0).

- 0 People who are more connected with others live longer and stay healthier. **(STRONGER)**
People with _____ with others live longer and stay healthier.
- 1 Introverts actually find having a lot of people around stressful. **(CAUSES)**
Having a large number of people around actually _____ introverts.
- 2 The 'Dorian Gray' scenario involves delaying the aging process. **(DELAY)**
The 'Dorian Gray' scenario involves _____ the aging process.
- 3 The 'Fountain of Youth' scenario means reversing the aging of an old person. **(WHO)**
The 'Fountain of Youth' scenario means making _____ younger.
- 4 All Dr Barzilai's treatments are aimed at extending lifespan. **(LENGTH)**
All Dr Barzilai's treatments are aimed at extending _____ someone is expected to live.
- 5 The third treatment involves slowing down the ageing process. **(OLDER)**
The third treatment means making people _____
- 6 Peter Pan syndrome describes a person who refuses to grow up. **(ADULT)**
Peter Pan syndrome describes a person who doesn't _____

Task 3: Describe the picture below the headline on page one of this worksheet featuring a young girl and an old woman. Describe and interpret their features, facial expression, and body language in as much detail as possible. Then talk about your thoughts and emotions when you see this picture.

Task 4: Conversation: Talk about the questions below.

1. Do you know or have you ever met a centenarian?
2. How many people in their 'twilight years' do you have in your circle of friends?
3. Which of the factors for a long life need improving in your life: diet, exercise, keeping active, or human relationships?
4. Do you find being around a lot of people stressful?
5. At which age would you have wanted the 'Dorian Gray' effect – delaying or stopping the aging process - to kick in? Why?
6. If you could drink from the 'Fountain of Youth,' which age would you want to go back to and why?
7. Are you a bit of a Peter Pan? In what way?