

Dan Buettner

How to live to be 100 (20:00)

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Note-taking activity

Directions: Listen and take notes. Using your notes answer the following questions.

Vocabulary:

- de facto: in fact, in reality.
- exponentially: becoming more and more rapid.
- salient: prominent or conspicuous.
- equity: the state, quality, or ideal of being just, impartial, and fair.
- Blue Zone: area of the world with an abundance of centenarians.
- centenarian: a person who lives beyond the age of 100 years.
- polyphenols: a kind of chemical that may protect us from aging.

True or False

- \_\_\_\_\_ 1. Longevity has more to do with genes than lifestyle.
  - \_\_\_\_\_ 2. If a person tries really hard, he or she can live to be 100.
  - \_\_\_\_\_ 3. Using science and medical treatments we can slow aging.
  - \_\_\_\_\_ 4. Science says that the average human should get 90 good years.
  - \_\_\_\_\_ 5. Interacting with older people is good for the health of children.
6. The lecturer mentions several reasons why residents of Sardinia's Nuoro province live so long. What are three?
7. Describe the diet of the people in the second Blue Zone in Okinawa.
8. Do people in this area of Okinawa retire? Explain.
9. What is the notion of "ikigai" that the lecturer speaks about?
10. What do the people in America's Blue Zone in California share in common?
11. What are 4 fundamental principles all these centenarian groups share in common?
12. What can we infer that the lecturer thinks is the secret to long life?