

StartUp 3
Listening

Unit4 – Lesson2
Page45

Have your Ss answer the lead-in questions using the "whole-class" interaction pattern.



Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.

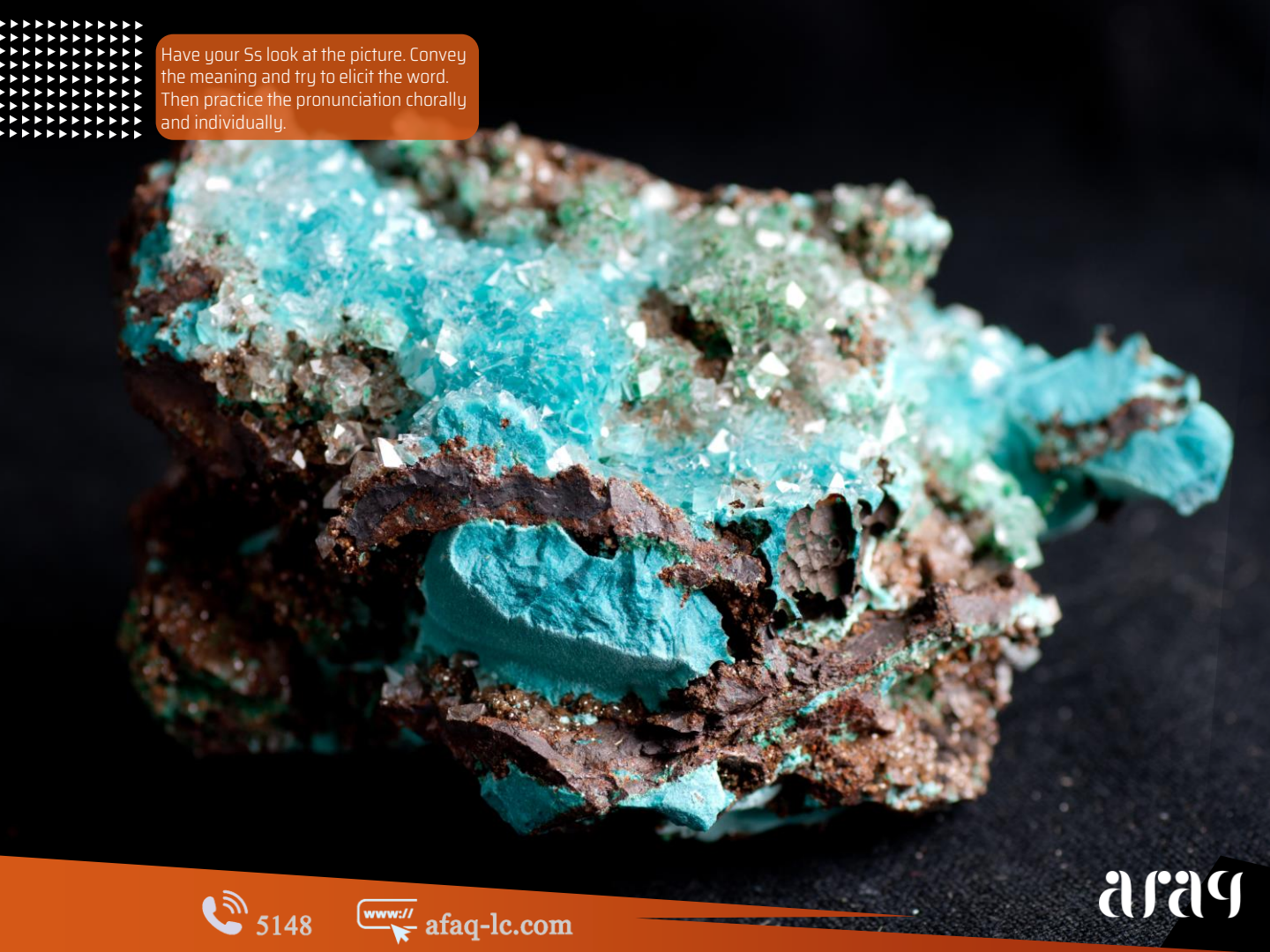


Teach the form of the word. Then ask some concept checking questions.



CENTANARIAN

Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.



Teach the form of the word. Then ask some concept checking questions.

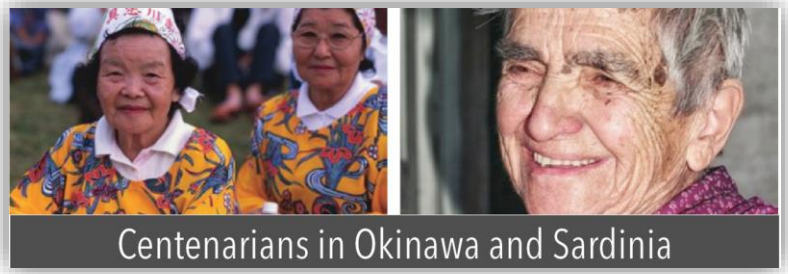


MINERAL

A 04-13 Listen to the podcast. What is it about?

a. the foods people grow in Sardinia and Okinawa
b. famous dishes from Sardinia and Okinawa
c. how food affects health in Sardinia and Okinawa





Centenarians in Okinawa and Sardinia

Explain the skill to your Ss and give some examples. Familiarize the students with the listening part. Play the audio again to do the task.

B 04-13 Read the Listening Skill. Listen again. Put a check mark (✓) under the things that people eat and drink in Sardinia and Okinawa, according to the speaker.

	Sweet potatoes	Vegetables	Soup	Tea	Wine	Water
Sardinia						
Okinawa						



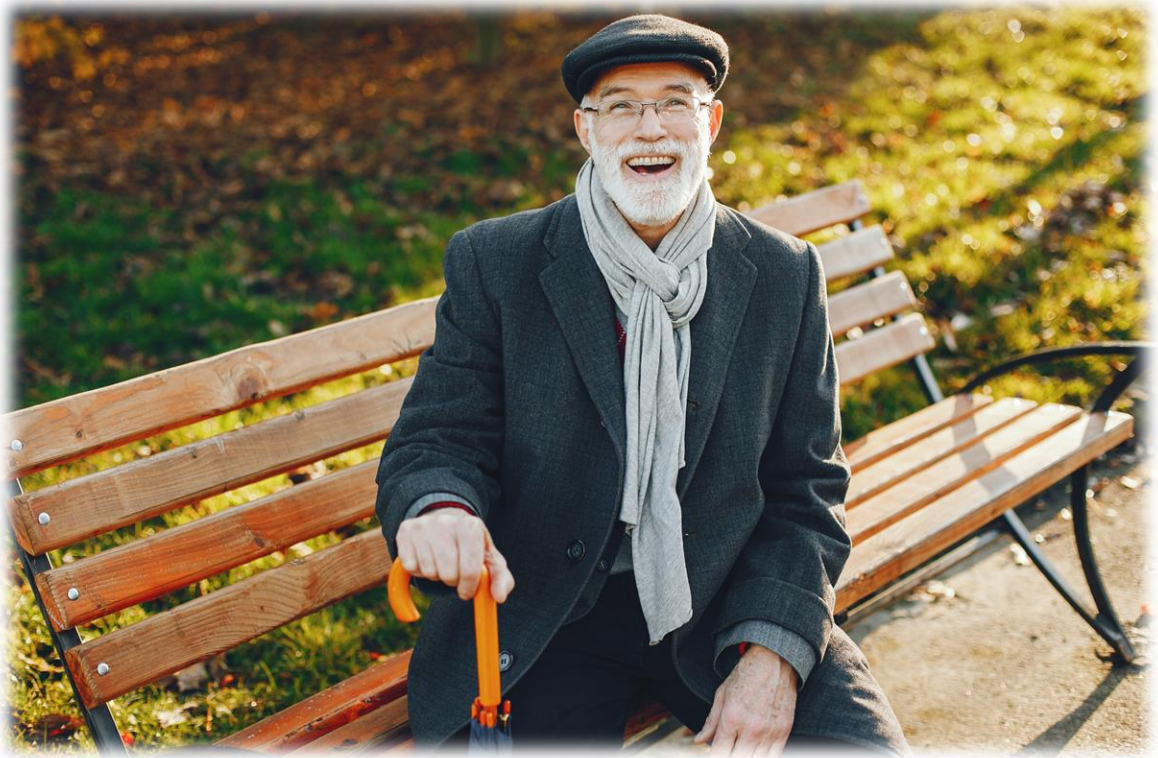
LISTENING SKILL Listen for comparisons

Speakers sometimes talk about two different things or situations. Listen for words that show comparisons, such as *both*, *also*, *similar*, *whereas*, and *alike*.

C 04-13 Listen again. Complete the sentences.

1. A centenarian is _____ years old or older.
2. A person's _____ can help them live a long life.
3. Antioxidants help to _____ aging.
4. The biggest meal in Blue Zones is _____ of the day.

PAIRS Which idea from the podcast do you think is the most important? Why?



Page 45, Exs. 4A, 4B, and 4C

A: Do you want to live to be 100 years old? It's possible! Every year, there are more and more centenarians, or people who are 100 years old or older. In fact, in some parts of the world, there are large numbers of centenarians. These areas are called "Blue Zones." We're talking to nutritionist Emily Brown about how these people are living so long. Emily, it's great to talk to you.

B: Thanks, Laura! Well, there are many reasons why centenarians live so long, but scientists think diet is one of the most important. Let's look at two of these Blue Zones—Okinawa, Japan, and Sardinia, Italy.

A: OK.

B: People in Okinawa and Sardinia eat very different foods, but they are similar in the *way* they eat. For example, in both cultures, they don't eat much meat. But they *do* both eat a lot of vegetables every day—in fact, most of their diet is vegetables. They are alike in that way.

A: What kind of vegetables do they eat? And what are their health benefits?

B: Okinawans' favorite vegetable is the purple sweet potato. This vegetable has a lot of antioxidants. Antioxidants are vitamins and minerals that keep people healthy and help slow down aging. Many people in Okinawa grow sweet potatoes in their own gardens. They eat more than a pound every day!

A: How many times a day do people in Blue Zones eat vegetables?

B: Sometimes they eat them at all of their meals! In Sardinia, for example, people often have a large bowl of minestrone soup, for lunch or dinner. Minestrone is made from dried beans, fresh vegetables, tomatoes, and olive oil. These ingredients contain many different vitamins, minerals, and antioxidants.

A: And what do they drink? I'm sure they drink a lot of water, right? How much?

B: You're right—they drink plenty of water, but that's not the only thing they drink. In Sardinia, people almost always have a glass of wine at lunch and dinner. Whereas in Okinawa, they generally prefer a cup of jasmine tea. But both of these drinks also have high levels of antioxidants.

A: So, antioxidants are one of the keys to reaching 100. Are there any other keys to living longer?

B: There are. Eat fewer calories—a tradition in Okinawa says to eat until you are only 80% full. And in each area, the biggest meal is in the middle of the day. The smallest is in the evening.

A: So, we should eat a bigger lunch and a smaller dinner—and no huge burgers or gallons of ice cream! That doesn't sound too hard. Emily, thanks again for being here with us.

B: It was my pleasure, Laura.

READ THE SCRIPT AND UNDERLINE ANY NEW WORDS YOU DO NOT KNOW.

Page 45, Exs. 4A, 4B, and 4C

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B: It was my pleasure, Laura.

AS HOMEWORK USE A DICTIONARY TO LOOK UP THE WORDS AND LEARN THEM.

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