

What Are Their Secrets?

Vocabulary:

super-fit: very healthy

cancer: a very serious illness that makes some cells
(*very small parts in the body*) grow too fast)

elders: people who are older than other people in the same group

OKINAWA, JAPAN Imagine a place where people are super-fit and heart disease and cancer are rare. It's not a dream! It's Okinawa, a Japanese island. Okinawans live longer than people anywhere else in the world. What are their secrets? **Dr. Makoto Suzuki**, who studied Okinawans for **25 years**, wrote a book that explains their habits. The first key to their long lives is good eating. Most Okinawan elders eat at least seven fruits and vegetables a day. They are fond of fish and avoid red meat. They are also regular eaters of tofu. And they eat light meals, stopping before they're full. "Eat until you're 8/10 full," they say.

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You can see the whole lesson from your teacher,
please ask them to send it to you before the class.