

**1. Answer the following questions.**

a) Is it possible for people to live a long life?

b) What is the average life expectancy of the Pacific Islanders?

c) What should we eat for a healthy heart and longevity?

d) What helps people to maintain healthy weight and protect against cardiovascular diseases?

e) Why do we need to work out and avoid sitting for a long time?

**2. Correct the following statements.**

a) The average life expectancy worldwide is 78.

b) The average life expectancy in the USA is 81.

c) Gluten in grains is beneficial for all people.

d) David Perlmutter says that your chair is your best friend.

e) If you eliminate gluten from your diet, your health becomes worse.