

1. Read the text and answer the questions.

- a) What does Catherine think gave her a long life?
- b) What kind of food has she avoided?
- c) What does Joseph think gave him a long life?
- d) How was Joseph's life in the past?
- e) Why does he think he's lucky?

2. Match the underlined words in the text to the definitions.

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| a) centenarian | | 1. something that causes or influences something |
| b) response | | 2. a person who is 100 years old or more |
| c) factor | | 3. the conditions around you |
| d) run errands | | 4. an answer |
| e) environment | | 5. to do jobs for others, like shopping for your grandmother |