

NORTH STAR 3e Level 4

Name _____

Video Activity Worksheet

Unit 5: Longevity

Living Better, Living Longer

Comprehension

Predict

In this video, you will learn about a possible genetic secret to living a long life. Before you watch the video, answer the following questions.

What do you think is the optimum length of life? How long would you like to live?

Focus

Watch the video. Answer the following question.

What seems to be more important in living a long life, your genes or your lifestyle?

Comprehension A

Choose True or False. Circle T or F.

- | | | |
|---|---|---|
| 1. In predicting whether you will live to be 100, it matters how long your parents lived. | T | F |
| 2. Ruben Landau has lived so long because he just sits around and rests all day. | T | F |
| 3. If you have the right genes, it doesn't matter whether you eat right and exercise to stay healthy. | T | F |
| 4. About 30% of aging has to do with genetics. | T | F |

Comprehension B

Match a word on the left with a word on the right to make a phrase.

aging	gene
genetic	history
family	process
protective	research

Comprehension C

Complete the sentences with the correct phrases from Exercise B.

1. A _____ may help some people survive what kills other people.
2. _____ can help determine your eventual length of life.
3. Scientist would like to develop a drug that slows the _____.
4. _____ has revealed that only 15% of centenarians have a gene that's associated with increased risk of heart disease and Alzheimer's.



Speaking

Choose one of the topics. Record and submit a one-to two-minute response.

- What can you do to increase your chances of living to be 100 years old?
- Do you know an active, healthy older person? What does he or she do to stay active and healthy? Do you think you will be the same way when you are that age?

Writing

Some people believe that science sometimes interferes too much with nature.

Write about whether you think scientists should continue to look for the secrets to living longer, or whether people should let nature take its course.

