



Longevity & Lifestyle

Upper-intermediate (B2-C1)

WARM-UP DISCUSSION

Part 1. Would you want to live forever? Say if you agree with the following points and discuss the questions.

- I'd love to live to 100.
- I'd rather live to 80 but feel amazing.
- I'd only want to live longer if I didn't have to work!

Discuss:

- What do you think people fear most about getting older?
- What's the *perfect* age to stay "young at heart"?

Part 2. Read the following quote and discuss the questions.

"Those who think they have no time for healthy living will sooner or later have to find time for illness."

— Edward Stanley

1. Do you agree with this quote? Why or why not?
2. What habits do you think contribute most to a long, healthy life?
3. Should science focus more on longevity or on quality of life?

VOCABULARY

Part 1. Match the words/phrases to their meanings.

Healthspan	Nutrient-rich foods	Controversial approaches	Extend lifespan
Anti-ageing	Social connections	Meaningful longevity	Genetic factors

1. _____ Extended life that feels fulfilling and worthwhile
2. _____ Length of time spent in good health and independence
3. _____ Foods high in vitamins, minerals, and beneficial compounds
4. _____ Actions or methods that cause disagreement or debate
5. _____ Relationships with friends, family, or community
6. _____ To increase the duration of life
7. _____ Practices, products, or science aimed at slowing ageing
8. _____ Inherited traits that influence health and development

Part 2. Match each to a real-life example or short sentence from your own life.

Examples:

- "My mum's diet is full of **nutrient-rich foods**."
- "I think having strong **social connections** is better than any anti-ageing cream."



READING TEXT

Part 1. Read the following text.

Meet Akiko, 102 years old, from Okinawa, Japan.

Every morning, she walks to her small garden and picks fresh vegetables for lunch. She eats slowly, laughs often, and sings karaoke every Friday night with her neighbours. "Happiness keeps me alive," she says with a grin.

Her life follows a Japanese concept called *ikigai*, meaning a reason to get up each morning. Scientists who study longevity say Okinawa has one of the highest numbers of centenarians (people over 100) in the world. Their secret? Not one single thing, but a lifestyle full of purpose, connection, and joy.

People in these "Blue Zones", like Okinawa, Sardinia, and Costa Rica, share common habits: they move naturally every day, eat mostly plants, stay close to family, have good friends, and keep a positive outlook.

Of course, not everyone can live like Akiko. Some people have stressful jobs, health problems, or limited access to healthy food. But her story reminds us that longevity isn't only about years; it's about life in those years.

Part 2. Discuss the questions below based on the text.

1. What do you think Akiko's real secret is?
2. Do people in your country share any similar habits?
3. Which part of her attitude or outlook on life inspires you most?
4. What does "life in those years" mean to you?



VIDEO ACTIVITY

Part 1. Watch the short trailer.

Part 2. Discuss the questions below based on the video.

1. What are your first impressions of the people in the video?
2. Which “secret” mentioned feels most powerful – community, movement, or purpose?
3. “If you’re depressed, you’re not going to live very long.” – What do you think about this idea?
4. Do you believe happiness and laughter are just as important as healthy food and exercise?
5. “Do we want to be dormant, or do we want to serve humanity?” – What does this mean to you?
6. Would you be interested in watching this series? Why or why not?

SPEAKING

Part 1. Look at these everyday habits that might help you live longer. Rank them from Most realistic for me → Not a chance! Then explain why.

- Walking
- Meditation
- Socialising
- Reading
- Travel
- Laughter
- Eating slowly
- Fresh air
- Pets
- Naps



Part 2. Vote 👍 or 🗣️ for each statement. Then explain your opinion.

- Green juice is a miracle.
- Sleeping five hours is fine if you drink coffee.
- Stress shortens your life more than sugar.
- You should start anti-ageing creams at 20.
- Longevity is mostly luck.

Part 3. Are these true, false, or “depends”?

- Red wine makes you live longer.
- Being social helps you live longer.
- Supplements can replace a healthy diet.
- Genetics control most of your lifespan.
- Laughter really is the best medicine.
- Scientists will soon find a cure for ageing.

Part 4. Healthy vs. Happy – The Trade-Off Game

Would you live 20 extra years if you had to give up...

🍫 Chocolate 🍵 Coffee 🍷 Wine 📺 Netflix 🌙 Late nights 📱 Your phone

Discuss and justify your choices.

- What’s “worth it” and what definitely isn’t?

Part 5. Imagine you’re 100 years old and looking back on your life. Answer these questions as yourself, not pretending to be someone else.

- What’s your secret to staying young at heart?
- What do you regret not doing earlier?
- What surprised you most about getting older?

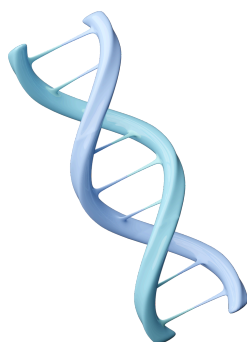
Discuss:

- What’s one thing you can do now that your 100-year-old self would thank you for?

REFLECTION

Discuss the following questions.

1. What does “a good life” mean to you?
2. What’s one simple joy that makes your day better?
3. How do you balance enjoying today and planning for the future?





Teacher's Guide

Longevity & Lifestyle – Upper-intermediate (B2-C1)

Canva Presentation Link: [🌐 Longevity & Lifestyle](#)

Editable Presentation Link: [🌐 Longevity & Lifestyle](#)

Editable Worksheet Link: [🌐 Student Worksheet: Longevity & Lifestyle](#)

Warm-up discussion

Part 1. Students say if they agree with each point and discuss the questions.

Part 2. Students read the quote and discuss the questions.

Vocabulary

Part 1. Students match the words/phrases to their meanings.

Answer key:

1. Meaningful longevity
2. Healthspan
3. Nutrient-rich foods
4. Controversial approaches
5. Social connections
6. Extend lifespan
7. Anti-ageing
8. Genetic factors

Part 2. Students match each word/phrase to a real-life example or short sentence from their own life.

Reading activity

Part 1. Ask students to read the text.

Part 2. Students discuss the questions based on the text.

Video activity

Part 1. Students watch the short trailer.

Part 2. Students discuss the questions based on the video.

Speaking

Part 1. Students look at these everyday habits that might help you live longer and rank them from Most realistic → Not a chance! Then explain why.

Part 2. Students give a thumbs up or thumbs down for each statement. Encourage them to explain their choices.

Part 3. Students decide whether they think each statement is true, false, or depends.

Part 4. Students decide whether they would want to live an extra 20 years if they had to give up each of the different things. Encourage students to justify their choices and discuss what's worth it, and what definitely isn't.

Part 5. Students imagine they are 100 years old looking back at their life and answer the questions.

Reflection

Students discuss the questions.