

UNIT 1 >>> Life stages

Aim: To explore the positive and negative aspects of life at different ages in different cultures. Use the teenage years as a starting point for reflections on the experience of childhood, middle age and old age in the students' own country/countries compared with other countries.

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- Encourage students to think about the first question on their own and note down the first three things they think of that they *like* and *don't like* about being their age.
 - Then get them to work in pairs and compare their answers with their partners. Write the headings 'Good' and 'Bad' on the board and ask the students to share some of their ideas, taking turns to write them under each heading.
 - Another question you might like to ask is: *Do you think your country is a good place to be a teenager**? Encourage students to justify their answers.
- *adapt according to the age of your students

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- Ask students to work in pairs and see who can finish the task first.
- Then nominate one student to give the correct answers.

Answer

12 years old

Answers

- Olia (Text D)
- Marvin Lewis (Text A)
- Heidi Lund (Text B)
- Satu Iwasaki (Text C)

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Now have students read the texts in more detail and answer the questions on their own.

Background note

Okinawa Island is an island in the south of Japan. It's famous because people live longer there than anywhere else in the world. Japan is famous for having a very high life expectancy compared with other countries and five times as many Okinawans live to be 100 years old as the rest of the Japanese population. This is thought to be a result of their healthy diet consisting mainly of fish, seaweed and other vegetables, and a low stress lifestyle.

Answers

- Heidi Lund
- Marvin Lewis
- Satu Iwasaki, Heidi Lund
- Heidi Lund, Marvin Lewis
- Satu Iwasaki
- Olia
- Marvin Lewis

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- Use the first question as the basis of a follow-up discussion with the class as a whole.
- Then explain to students that they are going to discuss the second question in groups and choose one person in each group to be the 'secretary', who will take notes.
- After the discussions, each of the secretaries should report back on their group's opinions.

Homework

Interview someone in your family. Write a list of five questions about their age, occupation, likes and dislikes and write their answers. Report back on the interview to the class.