

**Blue Zones: <https://youtu.be/I4MjGC-XX90>**

Watch the video and answer the questions:

1. What are the benefits of Cannonau wine?
  - it has a good flavour and cheers people up
  - it has a very high levels of antioxidants
  - it provides vitamins
  
2. In Sardinia there is a family with
  - 9 brothers and sisters whose collective age amounts up to 861 years
  - 9 brothers and sisters who are all 109 years old
  - 9 sisters and the oldest is 109 years old
  
3. What are the main ingredients in the Sardinian minestrone?
  - Beans, barley, onions, garlic, tomato.
  - Potatoes, barley, onions, garlic, tomato.
  - Beans, barley, courgettes, garlic, tomato.
  
4. Watching the video we understand that the MICROBIOME is
  - A huge organ in our body the weighs 8 pounds
  - A macrobiotic microbe
  - the collection of all microbes, such as bacteria, fungi, viruses, and their genes, that naturally live on our bodies and inside us.
  
5. Sourdough bread is different from white bread because
  - There is very little gluten in it
  - It has a sour flavour
  - It doesn't leaven
  
6. Which 3 compounds lower blood sugar?
  - Bitter melon, papaya and tofu
  - Bitter melon, turmeric and tofu
  - Watermelon, cucumber and tofu
  
7. Sweet potatoes that are the staple diet in Okinawa are called
  - IMO
  - TIMO
  - CHEMO
  
8. In Ikaria people
  - Have a high rate of dementia
  - Basically do not suffer of dementia
  - Do not care about dementia
  
9. Which herbs are mentioned in the video?
  - Rosemary, mint, sage and oregano
  - Rosemary, sage, celery and tarragon
  - Mint, sage, oregano and thyme

10. What is the positive effect of drinking herbal teas?

- They have an anti-inflammatory effect
- They prevent major age-related disease
- They are diuretics and lower blood pressure
- All the above listed effects

11. The 3 sisters – corn, beans and squash are the staple foods in

- Costa Rica
- Venezuela
- Okinawa

12. In Loma Linda California people

- live about seventeen years longer than people living the next town over
- live about seventy years longer than people living the next town over
- live about seven years longer than people living the next town over

13 if you eat a handful of nuts a day

- you will be happier than people who do not do it
- you will have a better skin than people who do not do it
- you will probably live about two years longer than people who do not do it

