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Pre-Intermediate Student’s Book

Life

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**P = Presenter, D = David McLain**

**P:** No one knows exactly the reason why some people live longer than others. Why are they so healthy? Is it their diet? Do they go to the gym more than others? Well, one man is trying to answer these questions and that man is explorer and journalist David McLain. He’s currently travelling to places and regions with large numbers of people aged a hundred and over and asking the questions: Why are they so healthy? What are they doing that the rest of us aren’t? At the moment he’s working on the Island of Sardinia in Italy but he’s speaking to us right now on the phone. David, thank you for joining us today.

**D:** Hello.

**P:** So, first of all. Tell us why you decided to visit Sardinia.

**D:** Well, Sardinia is an interesting place because men live the same amount of time as women. That isn’t normal for most countries. Men normally die younger.

**P:** And does anyone know the reason why people live longer in Sardinia?

**D:** There are different ideas about this but possibly one explanation is that the family is so important here. Every Sunday the whole family meets and they eat a huge meal together. Research shows that in countries where people live longer, the family is important. But also on Sardinia, the older mother or grandmother often has authority in the family. As men get older, they have less responsibility in Sardinian culture. So, perhaps the older men have less stress, which means they’re living longer.

**P:** I see. So, do you think people live longer in traditional societies?

**D:** That’s an interesting question. It’s true that even on Sardinia the younger generation are eating more food like chips and burgers. Also young people are moving to the city, so they are doing less exercise because of their lifestyle. So, it will be interesting to come back to Sardinia in twenty years and see if people are still living longer …

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