



G adverbs of frequency
V time words and expressions: *minute, hour, etc.*
P the letter *h*

The island with a secret

Lesson plan

A study carried out over several years has investigated why inhabitants of the Japanese island of Okinawa (population 1.2 million) have the highest life expectancy in the world. The results have been published in the book *The Okinawa Way*. It highlights the aspects of the Okinawans' lifestyle that help them to live long lives. Information from the Okinawa study provides the context for SS to learn and practice *How often...?* and adverbs and expressions of frequency. At the end of the lesson they find out if they and other SS live "the Okinawa way."

Optional lead-in (books closed)

- Write on the board the name and age of your oldest living relative. Ask SS if they have a living relative who is older.
- Elicit information to find who has the oldest relative.

1 GRAMMAR adverbs of frequency

- a • Focus on the photo of the old man and elicit ideas from the class about his nationality and age. (His age has been blanked out in the text.)
- Tell SS the answers to the two questions.

He's Japanese. He's 103 years old.

- b • Get SS to read the first paragraph of the text focusing on the highlighted words, which all express frequency.
- Focus on the chart and establish the meaning of *always*. Tell SS to write the expressions from the text in the chart in the correct place according to relative frequency. (The gradings 0–100 are given as a rough guide.) SS can help each other, use a dictionary, or ask you for help to complete the task.
- Check answers and make sure SS are clear about the difference in meaning of the six adverbs. Model and drill pronunciation.

always /'ɔlwɛɪz/
usually /'yʊʒuəli/
often /'ɒfn/'ɒftn/
sometimes /'sʌmtaɪmz/
hardly ever /'hɑːdli 'evər/
never /'nevər/

- c • Tell SS to go to **Grammar Bank 3C** on page 126.
- Go through the rules and model and drill the example sentences.

Grammar notes

- With all verbs except *be*, adverbs of frequency go *before* the main verb.
- In ☐ sentences they go *between* the pronoun and the verb, e.g., *I never eat meat.*
- In ☐ sentences they go *between* the negative and the verb, e.g., *I don't usually work on Saturday.*

- With the verb *be*, adverbs of frequency go *after* the verb, e.g., *I'm always late.*
- You could also point out that *usually* and *sometimes* can be used at the beginning of the sentence.

- Focus on the exercises for **3C** on page 127. SS do the exercises individually or in pairs.
- Check answers.

a 1 hardly ever 2 never 3 always
4 usually 5 sometimes

b 1 I am always late for class.
2 We hardly ever talk.
3 What time do you usually finish work?
4 I am never hungry in the morning.
5 I don't often read the newspaper.
6 We sometimes go to expensive restaurants.
7 This tea is usually very good.

- Tell SS to go back to the main lesson on page 32.
- d • Demonstrate the activity first by making true sentences about yourself.
- In pairs SS add an adverb to each sentence to make it true for them and compare their sentences with a partner. Ask two or three pairs if they were similar or different.

2 READING

- a • Focus on the other photos and ask SS to read the introduction to the text "**The mystery of Okinawa.**" Then ask them the two questions. Elicit the answer to the first question (the people there live a long time) and possible answers to the second (e.g., their lifestyle/the food, etc.).
- b • Explain the task. SS have to put the four headings (*Always active*, etc.) into the text in the right place.
- Give SS a time limit to read the text, e.g., four minutes. Tell them to read the text once *before* trying to put in the headings. Then give them more time to put in the headings and to check their answers with a partner.
- Check answers.

1 A healthy diet 2 Exercise 3 Low stress
4 Always active

- c • Tell SS to read the text again and in pairs try to guess the meaning of the highlighted words and phrases.
- Check answers by translating into SS' L1, using the glossary below, or getting SS to check in their dictionaries.

rice = a type of food, very popular in China and Japan
meat = a type of food that comes from animals
popular (adj) = liked by a lot of people
unusual (adj) = not usual or common
take their time = do things slowly, not in a hurry