

How to Live to Be 100+

Lecture Review



Main Idea Questions

Answer the questions below using **complete sentences**.

1. What is the thesis of this lecture?
2. What countries were included in this study?
3. What were the four commonalities the speaker found?

Supporting Detail Questions

Answer the questions below using **complete sentences**.

1. What is the *approximate* capacity of the human body?
2. What is the *grandmother effect*?
3. Name two foods people in Sardinia eat.
4. How are the eating habits of Okinawa different from U.S. eating habits?
5. What do Seventh Day Adventists do every week?