



138. How to live to be a hundred

Sarah: Hello Wentworth! I'll be absent today as my family is celebrating my great grandmother's hundredth birthday.

W: Oh my God, she a centenarian! Amazing! Life expectancy has increased to such an extent that the notion of "fourth age" is rapidly losing meaning.

Sarah: Isn't it? Medicine is doing all it can to extend human life and is succeeding brilliantly. New research suggests that a long life is no accident. Can eating the right food in the right combination actually prevent disease?

W: This is not so simple, but we know that the most immediate benefit from adopting a healthy diet is that it can lower blood-pressure and most nutritionists agree that red wine – but not too much – may be good for the heart.

Sarah: Well as I always heard my great grandmother say all her life, and apple a day keeps the doctor away. And she also drinks one glass of red wine every day!

W: talking about food, a number of studies have linked regular consumption of broccoli to a reduced risk of breast, colon and stomach cancers, and scientists are fairly confident that garlic protects the heart and has antibacterial and antifungal powers.

Sarah: I think as well that regular exercise like walking may be the best for reducing the risk of heart disease, stroke or diabetes.

W: So getting to a hundred depends partly on the genes you are born with and partly on your lifestyle, which means your diet, where you live and the stress you experience. Well, wish a happy birthday to your great grandmother for me then, and enjoy the day!



GLOSSARY:

How to live to be a hundred: comment vivre jusqu'à cent ans	Research: la recherche
To celebrate: célébrer	A long life: vivre vieux, une longue vie
To increase: augmenter	The right food: les bons aliments
To lose meaning: perdre toute signification	The right combination: la bonne association
To extend: allonger	Disease: la maladie
To succeed: réussir	Immediate benefit: le bienfait immédiat
To suggest: suggérer	A healthy diet: une alimentation saine
To prevent: empêcher	Blood-pressure: l'hypertension
To adopt: adopter	Nutritionists: les nutritionnistes
To lower: faire baisser	Red wine: le vin rouge
To agree: être d'accord, s'accorder	An apple: une pomme
To keep: garder	The doctor: le docteur
To link: lier	One glass: un verre
To protect: protéger	Studies: des études
To reduce: réduire	regular consumption: la consommation régulière
To get: obtenir, ici atteindre	Breast : le sein
To depend : dépendre	Colon : le colon
To be born : naître	Stomach : l'estomac
Enjoy : apprécier, profiter	Scientists: les scientifiques
great grandmother: arrière grand-mère	Garlic: l'ail
hundredth birthday: centième anniversaire	Antibacterial: antibactérien
a centenarian: un centenaire	Antifungal : antifongique
Life expectancy: l'espérance de vie	Powers : des vertus, des pouvoirs
The notion : la notion	Regular exercise : l'exercice régulier
Fourth age : le quatrième âge	
Medicine : la médecine	Walking : la marche
Human life : la vie humaine	The genes : les gènes
	Lifestyle : le mode de vie
	Amazing : étonnant
	Such an extent : à un point tel
	Brilliantly : brillamment
	Fairly confident : être presque sûr
	Partly : en partie