**Topic: Is it easy to be a friend? Date 30/03/2020**

**Group: 81**

**Task 1.** Read the article and say if the following statements are true or false.

FRIENDS HELP YOU LIVE LONGER

A new health report says that having good friends in your old age helps you live longer. The report also says that having close friends may be more important than having close family ties. Researchers interviewed 1,500 Australians over the age of 70 about their social and family ties. The results suggest that people with close friendships were 22 per cent more likely to live longer. The researchers said this is because of the positive effects on the body of social activity and recreation. The researchers analyzed data from an Australian study, which began in 1992. The 10-year-long study measured how behavioral, economic, environmental and social factors affected the health of 70-year-olds. The senior citizens were monitored annually for four years and then at three-yearly intervals. The team found that those with the strongest network of friends were less likely to die by the end of the ten-year period. This was true even when the senior citizen lost a spouse. The message is to keep in touch if you want to live longer.

a) Friends are more important than family for a longer life.

b) A study was carried out on 1,500 British 70-year-olds.

c) Good friends can help you live 22 years longer.

d) Social activity has positive effects on the body.

e) A group of 70-year-olds was studied for a period of 10 years.

f) The group was monitored every year over the 10-year test period.

g) The death of a spouse greatly affected the test data.

h) The message is to keep in touch with friends for a longer life.

Task 2. Match the following phrases from the article (sometimes more than one combination is possible):

|  |  |
| --- | --- |
| a) in your | 1) likely to live longer |
| b) close  | 2) annually |
| c) 22 per cent more | 3) old age |
| d) the positive effects | 4) and recreation |
| e) social activity | 5) friends |
| f) researchers | 6) intervals |
| g) environmental  | 7) in touch |
| h) senior citizens were monitored | 8) on the body |
| i) three-yearly | 9) analyzed data |
| j) keep | 10) and social factors |