Прочитайте текст. Определите, какие из приведённых утверждений 1-8 соответствуют содержанию текста (1 - True), какие не соответствуют (2 - False) и о чём в тексте не сказано, то есть на основании текста нельзя дать ни положительного, ни отрицательного ответа (3 - Not stated).

Humans have always been fascinated by the idea of living to a great age. There have been many legends and tales throughout history about people who were very old. The Old Testament of the Bible claims that the oldest person ever was Methuselah, who, it is said, lived to be 969 years of age.

In the past, living to a very old age was quite an amazing achievement. There was little to no health care, and no antibiotics or other reliable medicines. Infant mortality (that is, the number of babies and small children who die) was very high, and many children did not live to become adults. As a result, those who managed to live to a great age were usually shown a lot of respect.

Although many people have made claims about reaching ages of well over a hundred, it has often been difficult to prove their claims, because of poor record-keeping and lack of proper birth certificates. In some cases, it has been shown that the lives of two people with the same name - for instance, a father and son - have been claimed as the long life of only one person.

Some parts of the world, such as Ikaria in Greece and Okinawa in Japan, have been shown to have an unusually high percentage of people reaching the age of 90 and over. There are many theories as to what causes this. Firstly, and most importantly, it is a matter of genetics. If your parents or grandparents lived long lives, then your chances of doing the same are much greater. Other things that make a difference are thought to be diet, lifestyle, and strong social and family ties.

There are still parts of the world where life expectancy - how long the average person can expect to live - is as low as around 40. However, in most countries in the developed world, life expectancy is in the late 70s for men and early 80s for women. Research suggests that life expectancy will increase in the future, and many more people will live to be over a hundred. Some scientists claim that life expectancy will always continue to climb, and may never reach an upper limit that cannot be passed. Perhaps one day people will live as long as Methuselah.

In the meantime, those who would like to live a long life should follow some basic rules. Try to lead as stress-free a life as you can. Eat a diet that is rich in plant-based foods. Take regular exercise and be as active as possible for your whole life. Have a family and most of all, enjoy your life. Happy people live longer.

1) People have always told stories about those who lived long lives.

1) True 2) False 3) Not stated

2) Research has shown that Methuselah really was as old as is claimed.

1) True 2) False 3) Not stated

3) Medical care in the past helped people to live longer.

1) True 2) False 3) Not stated

4) It's sometimes difficult to check a person's real age.

1) True 2) False 3) Not stated

5) People who live in Ikaria and Okinawa do not get serious diseases.

1) True 2) False 3) Not stated

6) Life expectancy is now high in all parts of the world.

1) True 2) False 3) Not stated

7) Life expectancy will probably reach its highest possible level soon.

1) True 2) False 3) Not stated

8) Finding pleasure in life increases life expectancy.

1) True 2) False 3) Not stated