



Who wants to live forever?
- Why are people living longer?





1. This section looks at the reasons why people now live longer than they ever have done.

Key questions



2. What changes have occurred which mean we are now living longer than previous generations?

3. Are we now more informed about how to prolong our lives?



4. Key concepts

Place

Human Processes

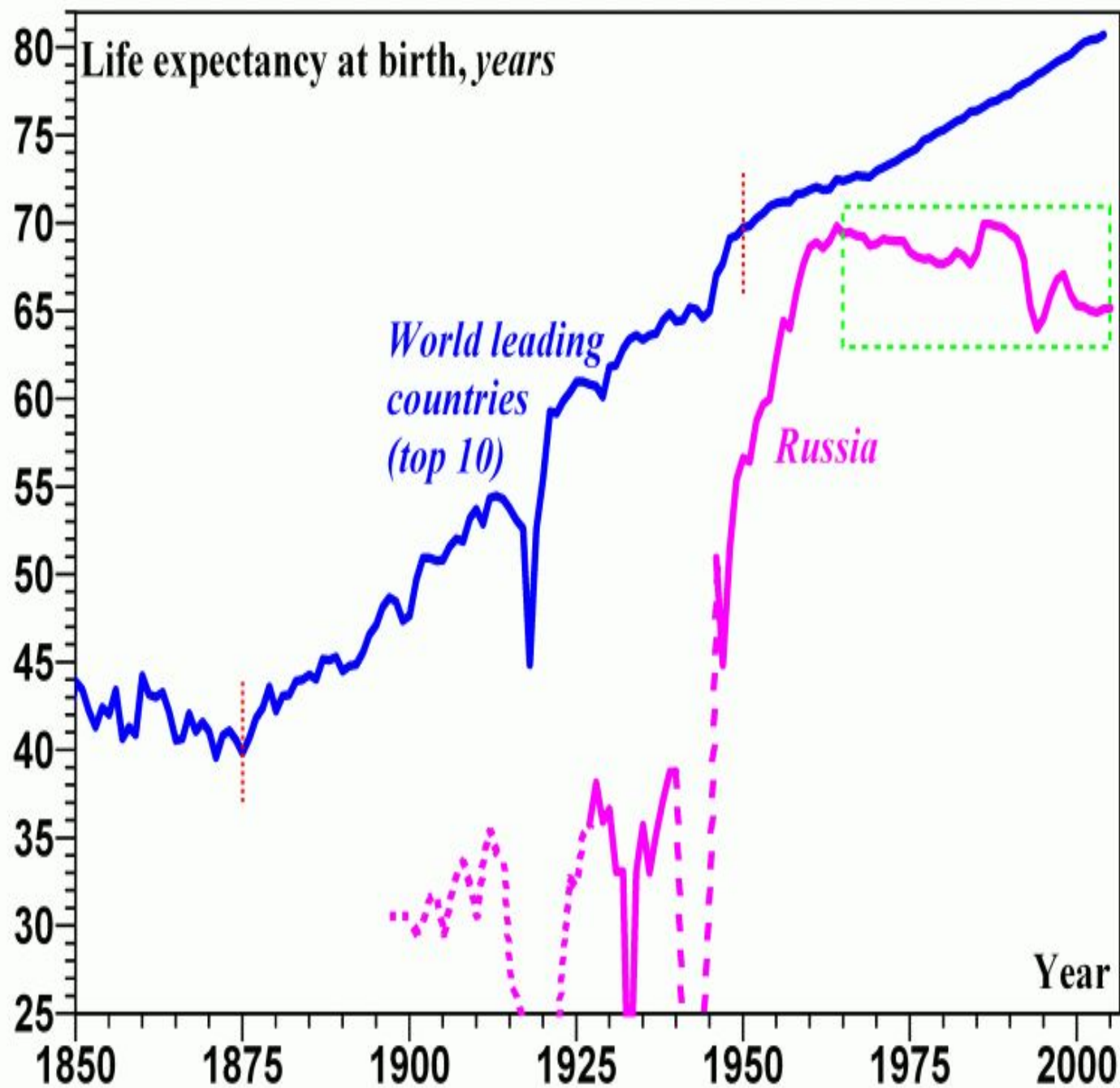
Cultural Understanding and Diversity



What changes have occurred which mean we are now living longer than previous generations?

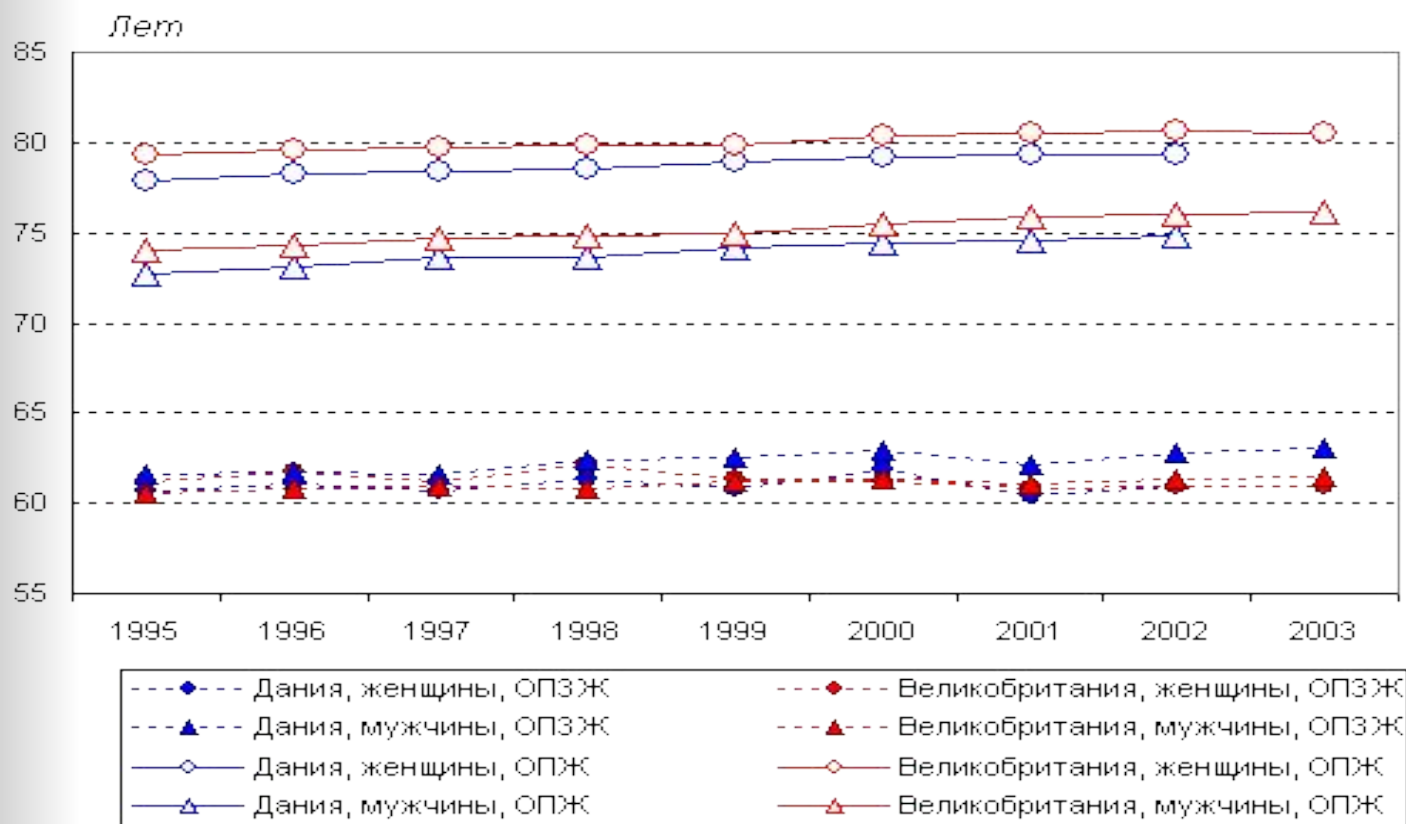


- During the twentieth century, life expectancy rose dramatically amongst the world's wealthiest populations from around 50 to over 75 years. This increase can be attributed to a number of factors including improvements in public health, nutrition and medicine. Vaccinations and antibiotics greatly reduced deaths in childhood, health and safety in manual workplaces improved and fewer people smoked. As a result of this - coupled with a decline in the fertility rate (the average number of children that women have in their lifetime) - many major industrial countries are facing an ageing population.





*It is likely that life expectancy of the most developed countries will continue to slowly advance and then reach a peak in the range of the mid-80s. According to UN statistics for the period 2005 - 2010, Japan (82.6 years) has the world's highest life expectancy followed by Hong Kong (82.2 years) and Iceland (81.8 years). The world average is 67.2 years and the UK average is 79.4 years.





*Life expectancy changes as you get older. By the time a child reaches their first year, their chances of living longer increase. By the time of late adulthood, your chances of survival to a very old age are quite good. For example, although the life expectancy from birth for all people in the United States is 77.7 years, those who live to age 65 will have an average of almost 18 additional years left to live, making their life expectancy almost 83 years.

Are we now more informed about how to prolong our lives?





The three big reasons that people in the UK are living increasingly longer lives are:

Food supply and nutrition

Health

Hygiene





These three things have all seen marked improvements in standards since the nineteenth and early twentieth centuries. However, another important factor is our knowledge of their importance to our health and life expectancy, and of the steps we can take to ensure that we lead a healthy lifestyle. Our access to relevant information has also improved dramatically as a result of scientific research and methods of information dissemination, for example the Internet.





1.The packaging of food products at increasing numbers of shops and supermarkets displays the nutritional content of food and uses colour coding so that we know whether it is good for us. The importance of eating a balanced diet is widely known Government and charity websites provide information about the lifestyle choices we can make in order to reduce our risk of developing diseases. The effect that smoking cigarettes can have on our health is widely advertised, and warnings included on packaging. In the UK, a smoking ban in public places has been introduced and the age at which young people can buy cigarettes has been raised to 18 years

2.Adverts on buses and tubes inform us of the importance of washing our hands and covering our mouths when we cough or sneeze in order to reduce the spread of illnesses and diseases. Health and safety legislation provides strict regulations for hygiene in restaurants, hospitals and factories




daily calorie and fat
allowances? What about
■ How much do you know about
daily calories and fat in
your favourite meals?
What about how
many calories there are in
your favourite meals?







- Have a look at the 'You are what you eat' activity to see more information about the amount of fat and number of calories in your favourite foods.
- Who tells us how much to eat? Why do they tell us this?
- Where else in the world are people told these things, and where are they not?
- Dots
- Main
- Food, health and hygiene: The key to longer life
- We are now going to focus on the 'big three' reasons why people in the UK live longer lives than they used to before the industrial age.




Study the list of facts or view the interactive and categorise them as food, health or hygiene breakthroughs (some might overlap slightly, just put them in both categories).



1. Are there any other facts not mentioned here that you have (i) learned in other subjects (ii) acquired as general knowledge (iii) gained through personal experience (e.g. vaccination jabs or knowledge of local health/ hygiene facilities and infrastructure) (iv) gained from watching this National Geographic film about Sardinians, Adventists and Okinawans. Staying Alive



2. You are now going to write a 'risk diary' using the risk diary template. For the next few weeks, keep notes detailing how protected your own life is. You may walk through a fire door or use a level crossing, spot a health warning on a product you use or look at the calorie and fat content on the printed label of the food you eat. Do you fasten your seat-belt or 'stand behind the yellow line' as a train approaches?



3. Try to record as many possible instances when you become aware of being subject to rules or advice designed to help you stay healthy and alive.



Celery
1425 grams = 200 Calories



Mini Peppers
740 grams = 200 Calories



Broccoli
588 grams = 200 Calories



Baby Carrots
570 grams = 200 Calories



Honeydew Melon
553 grams = 200 Calories



Coca Cola
496 ml = 200 Calories

Таблица калорийности разных продуктов

Наименование продукта	Ккал/100г	Наименование продукта	Ккал/100г	Наименование продукта	Ккал/100г	Наименование продукта	Ккал/100г
Мясо (птица и мясные продукты)		Рыба и морепродукты		Молочные продукты		Зерновые и бобовые	
Баранина жирная	316	Икра зернистая	250	Ацидофилин (3,2%)	58	Горох зеленый	280
Ветчина	365	Икра кетовая	245	Брынза коровья	260	Мука пшеничная	348
Говядина тушеная	180	Икра минтая	130	Йогурт (1,5%)	51	Мука ржаная	347
Говядина жареная	170	Кальмар	75	Кефир жирный	60	Какао-порошок	375
Грудка	475	Карп	46	Кефир (1%)	38	Крупа гречневая	346
Гусь	300	Карп жареный	145	Кефир (0%)	30	Крупа манная	340
Индейка	150	Кета	157	Молоко (3,2%)	60	Крупа овсяная	374
Колбаса вареная	250	Кон-вы рыбные/в масле	320	Молоко коровье цельное	68	Крупа перловая	342
Колбаса полукопченая	380	Кон-вы рыбные	120	Мороженое сливочное	220	Крупа пшеничная	352
Корейка	430	Креветки	85	Простокваша	59	Крупа ячневая	343
Крольчатина	115	Крабы	70	Ряженка	85	Кукурузные хлопья	369
Курица вареная	135	Лещ	48	Сливки (10%)	120	Макаронные изделия	350
Курица жареная	210	Лососина жареная	145	Сливки (20%)	300	Овсяные хлопья	305
Печень говяжья	100	Лососина копченая	385	Сметана (10%)	115	Рис	337
Почки	66	Минтай	70	Сметана (20%)	210	Соя	395
Сардельки	160	Морская капуста	16	Сыр голландский	357	Фасоль	328
Свинина отбивная	265	Навага	44	Сыр Ламбер	377	Чечевица	310
Свинина тушеная	350	Окунь	95	Сыр Пармезан	330	Ячменные хлопья	315
Сердце	87	Раки	75	Сыр российский	371	Пшено	351
Сосиски	135	Салака	98	Сырки творожные	380	Толокно	357
Телятина	90	Северяга	137	Творог (18%)	226	Nestle Corn Flakes	368
Утка	405	Сельдь атлантическая	57	Творог со сметаной	260		
Язык	165	Судак	43	Творог нежирный	80		
		Треска	59			Яйцо куриное	
		Шпроты в масле	250			Яйцо куриное 1 шт	65
		Щука	41			Яичный порошок	540
		Камбала	88				



The End