

# Getting Old

## worksheet

### Task 1 - How old is old?

- How old is old?
- Now look at the table below. Do you know all the vocabulary? Use a dictionary or ask your teacher to help you. Then discuss with your group which ages you should put in the second column.

Age 'label'	How old?
new-born	
baby	
toddler	
child	
teenager	
adult	
middle-aged	
old person	

### Task 2 - Let's talk about age

Discuss the following questions in small groups.

1. What's your first memory as a child?
2. What do you think is the best age?
3. What are the advantages and disadvantages of being the age you are at the moment?
4. Do you think older people remember what it was like to be a teenager?
5. Who's the oldest person you know? How is their life different to yours?
6. How are old people treated by society in your country?

### Task 5 - Live longer, live forever?

Which of these things do you think may help you live a longer life?

- Taking regular exercise
- Sleeping more than 8 hours every night
- Not eating meat – being a vegetarian
- Having lots of fun
- Doing Sudoku puzzles
- Taking vitamins
- Smoking
- Having a job you love
- Not having children
- Spending time in the sun

Do you think that in the future people may be able to live forever? Why (not)?

Would you like to live forever? Why (not)?

### **Task 6 - Adopt a granny or grandad**

In the UK there's an organisation called Adopt a Granny. It is an introduction agency and will match up families with Grandparents who would like to be 'adopted' by a family. This means they take on the role of Grandparents to a family who don't have grandparents nearby.

- Do you think 'adopting' a Granny or Grandad is a good idea?
- How do you think a family could benefit by adopting a Granny?
- How do you think an old person could benefit by being 'adopted' by a family?
- Is there anything similar in your country?
- Describe your ideal Granny or Grandad.