



# Reading Lesson

## SUMO WRESTLERS

**1** Complete the interview below with question a-d. Drag and drop the questions below correctly.

**a** What do they have for lunch?

**b** Do they ever eat any different foods?

**c** What's their typical day?

**d** Is it healthy?

### The sports interview ...

## SUMO STYLE

**Those sumo wrestlers are big! How much do they weigh?**

Most top wrestlers weigh more than 140 kilos. The heaviest are around 190 kilos.

**Is it a popular sport?**

Well, there aren't many sumo wrestlers these days. It isn't a healthy lifestyle.

**(1)** \_\_\_\_\_

They get up early and **train** from 5 a.m. until about 1 p.m.

**What do they have for breakfast?**

They don't have breakfast – so they're very hungry at lunchtime and they eat a lot!

**(2)** \_\_\_\_\_

They have a special **dish** called *chankonabe*. There's a lot of meat or fish in *chankonabe* and there are also a lot of vegetables.

**(3)** \_\_\_\_\_

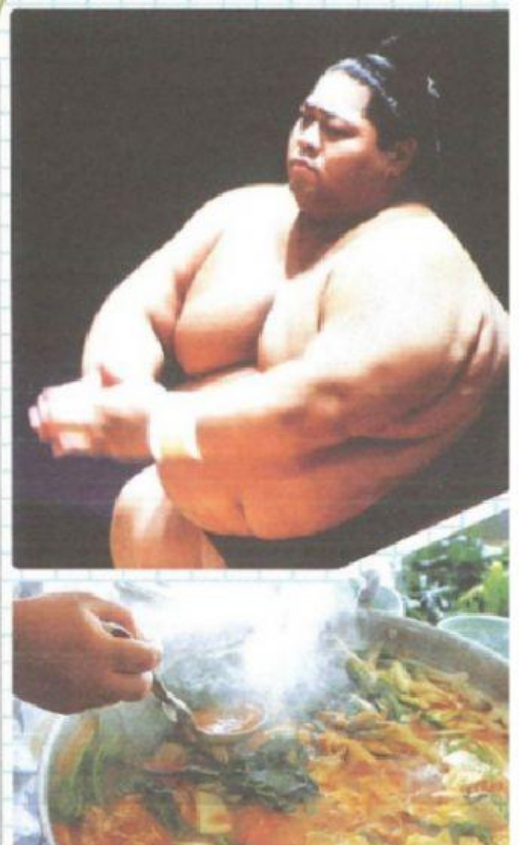
Well, it's full of **vitamins** and there isn't much fat in it, but they eat **enormous** quantities – sometimes six or seven **bowls** – and then maybe five bowls of rice.

**But they exercise a lot.**

Yes, but not after meals. After lunch they sleep, then they get up and eat more *chankonabe*.

**(4)** \_\_\_\_\_

Yes, some eggs, salads, some **desserts** maybe; but always *chankonabe*. So, if you want to be sumo size, eat and sleep a lot. If not, maybe do sports which are healthier!





## Reading Lesson

### SUMO WRESTLERS

- 2** Read and listen to the audio. Complete the summary with five of the words in the box.

## AUDIO

eat                      is                      before                      healthy  
mornings                      sleep                      isn't  
after                      unhealthy                      afternoons

The lifestyle of sumo wrestlers (1) \_\_\_\_\_ normal.

The food which they eat is (2) \_\_\_\_\_, but they  
(3) \_\_\_\_\_ a lot. They also sleep a lot in the (4)  
\_\_\_\_\_ and they don't exercise (5)  
\_\_\_\_\_ meals.