

READING . Sumo wrestlers

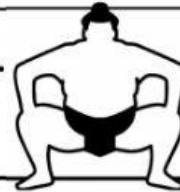
I. Read the text. Complete the text with questions a-d. (page 54)

- 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



- A Those sumo wrestlers are big! How much do they weigh?
- B Most top wrestlers weigh more than 140 kilos. The heaviest are around 190 kilos.
- A Is it a popular sport?
- B Well there aren't many sumo wrestlers these days. It isn't a healthy lifestyle.
- A (1)
- B They get up early and train from 5 a.m. until about 1 p.m.
- A What do they have for breakfast?
- B They don't have breakfast-so they're hungry at lunchtime and they eat a lot!
- A (2)
- B 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.
- A (3)
- B 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.
- A But they exercise a lot.
- B Yes, but not after meals. After lunch they sleep, then they get up and eat more *chankonabe*.
- A (4)
- B 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!