

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?



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 <i>chankonabe</i> . There's a lot of meat or fish in <i>chankonabe</i> 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 <i>chankonabe</i> .
A	(4) _____
B	Yes, some eggs, salads, some desserts maybe; but always <i>chankonabe</i> . So, if you want to be sumo size, eat and sleep a lot. If not, maybe do sports which are healthier!