FOOD AND HEALTH (PART 2)

NAME: CLASS:

Complete the interview with the questions below.

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!

What do they have for lunch?

Do they ever eat any different foods?

What's their typical day?

Is it healthy?

LIVEWORKSHEETS

Complete the summary with five of the words in the box.

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

The lifestyle of sumo wrestlers _____ normal. The food which they eat is _____, but they _____ a lot. They also sleep a lot in the _____ and they don't exercise _____ meals.

Complete the sentences using one of the words in brackets.

1. Would you like a _____? (sandwich / chips)
2. There are two _____ in the fridge. (yoghurts / meat)
3. Do you have _____for breakfast? (strawberry / cheese)
4. Can I have a _____, please? (rice / pizza)
5. I don't like _____. (sandwich / salad)
6. Have you got any _____? (banana / bread)

Complete the dialogue with the words in the box.

a lot of	a lot	any	how many
how much	much	some	some

Dan : I'm hungry. Let's make _____ cheese sandwiches.

Joe : Good idea. _____ bread is there?

Dan : There's _____ bread, but there isn't _____ cheese.

Joe : I think there's _____ chicken.

Dan : OK. Are there _____ apples?

Joe : Yes, there are.

Dan : OK. _____ apples are there?

Joe : There are _____ of apples.

Dan : Perfect! Chicken sandwiches and apples.

LIVEWORKSHEETS