

A. Watch and listen carefully



B.Fill in the blanks with suitable questions for the sport 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.

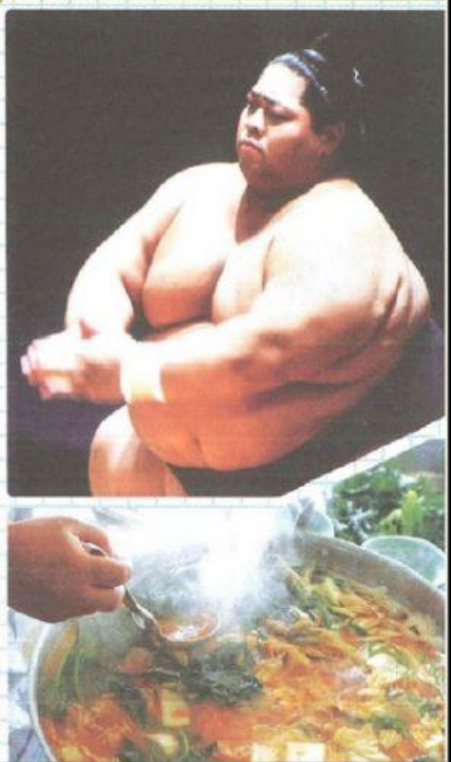
What do they have for breakfast?
They don't have breakfast – so they're very hungry at lunchtime and they eat a lot!

(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!

The image on the right side of the text block contains two photographs. The top photograph shows a large sumo wrestler sitting down, looking towards the camera. The bottom photograph shows a bowl of chankonabe, a traditional sumo wrestler's food, which is a mixture of meat, fish, and vegetables in a broth, being served with a spoon.

1 Read the text. Complete the interview with questions a–d.

- 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?

C.

 **2.05** Read and listen to the text again and 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 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.

D. **VOCABULARY PLUS** Use a dictionary to check the meaning of the words in **blue** in the text.
For more practice go to page 48 in the Workbook.

Match

NO	WORDS	MEANINGS
1	Train	The sweet course eaten at the end of a meal
2	Dish	Very large in quantity, size or extent
3	Vitamins	To give or receive instruction, discipline, or drills
4	enormous	Organic substances that you need in order to remain healthy
5	Bowls	The food served in a dish
6	Desserts	Round, deep dish or basin used for food or liquid