

READING: SUMO WRESTLERS

Read the text. Complete the interview with the correct answers. (Page 54)

What do they have for lunch?	Do they ever eat any different foods?
What's their typical day?	Is it healthy?

1) _____

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

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.

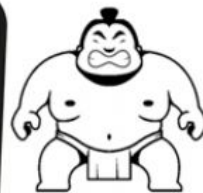
4) _____

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!

Ms Nashiha

Read the text again and colour the correct answers.

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.



(1)	is	isn't	(3)	eat	sleep
(2)	healthy	unhealthy	(4)	mornings	afternoons
(5)	before	after			

Find the meaning of the words. Use your dictionary.

Words	Meaning
Train	
Dish	
Vitamins	
Bowls	
Enormous	
Desserts	



Ms Nashiha