

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.

What's their typical day?

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 hungry at lunchtime and they eat a lot!

What do they have for lunch?

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.

Is it healthy?

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.

Do they ever eat any different foods?

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!

Read the text above carefully. Choose True or False for each statements below correctly. Click on the correct answers.

No.	Statements	True	False
1.	Sumo wrestlers are small.	True	False
2.	The heaviest sumo wrestlers weigh around 190 kilos.	True	False
3.	Sumo wrestling is a popular sport.	True	False
4.	Sumo wrestling is a healthy lifestyle.	True	False
5.	Sumo wrestlers do not take breakfast.	True	False
6.	Sumo wrestlers eat a lot of chicken for lunch.	True	False
7.	Chankonabe is full of proteins.	True	False
8.	Sumo wrestlers eat chankonabe in enormous quantities.	True	False
9.	Sumo wrestlers do not exercise.	True	False
10.	You should eat and sleep a lot to stay healthy.	True	False