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.

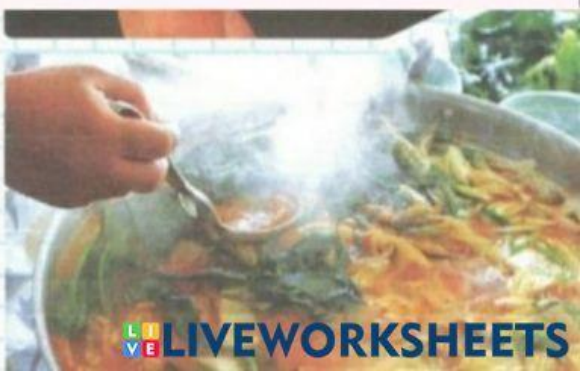
(3) .....
Well, it's full of vitamins and there isn't much fat in it, but they eat enormous quantities – sometimes six or seven bowls – and then maybe five bowls of rice.

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!

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?



LIVEWORKSHEETS