



Reading Lesson

SUMO WRESTLERS

1 Complete the interview below with question a-d. Drag and drop the questions below correctly.

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?

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) _____

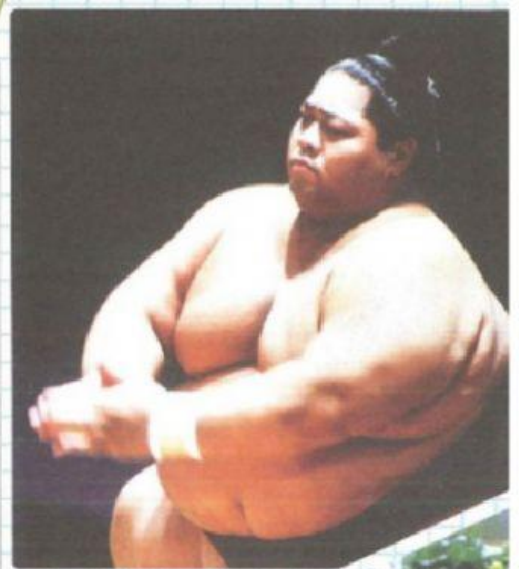
Well, it's full of **vitamins** and there isn't much fat in it, but they eat **enormous** quantities – sometimes six or seven **bowls** – and then maybe five bowls of rice.

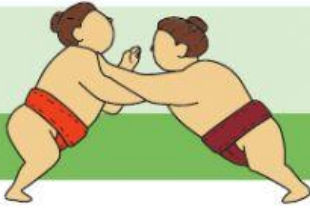
But they exercise a lot.

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!





Reading Lesson

SUMO WRESTLERS

- 2** Read and listen to the audio. Complete the summary with five of the words in the box.

AUDIO

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.