



UNIT 5 : FOOD AND HEALTH

READING . Sumo wrestlers

I. Read the text. Complete the text with questions a-d. (page 54)

- 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?



- A Those sumo wrestlers are big! How much do they weigh?
- B Most top wrestlers weigh more than 140 kilos. The heaviest are around 190 kilos.

- A Is it a popular sport?
- B Well there aren't many sumo wrestlers these days. It isn't a healthy lifestyle.

- A (1) _____
- B They get up early and train from 5 a.m. until about 1 p.m.

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

- A (2) _____
- B 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.

- A (3) _____
- B 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.

- A But they exercise a lot.
- B Yes, but not after meals. After lunch they sleep, then they get up and eat more chankonabe.

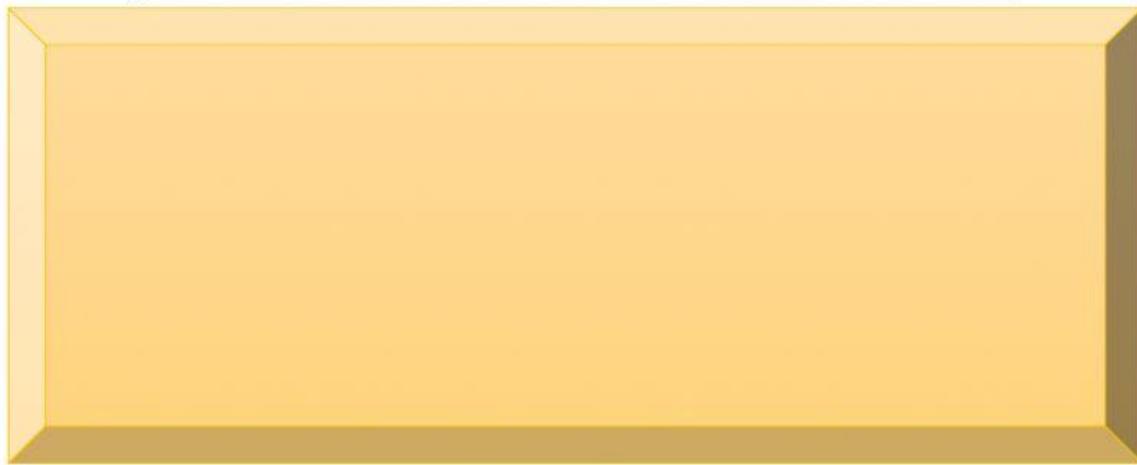
- A (4) _____
- B Yes, some eggs, salads, some desserts maybe; but always chankonabe. So, if you want to be sumo size, eat and sleep a lot. If not, maybe do sports which are healthier!



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Read and listen to the text and complete the summary with words below.

READING . Sumo wrestlers



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.

isn't	healthy	eat
afternoons	after	unhealthy

