



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? |



The sports interview ... **SUMO STYLE**



- | | |
|---|---|
| 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 am. 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 <i>chankonabe</i> . There's a lot of meat or fish in <i>chankonabe</i> 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 <i>chankonabe</i> . |
| A | (4) |
| B | Yes, some eggs, salads, some desserts maybe ; but always <i>chankonabe</i> . 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

