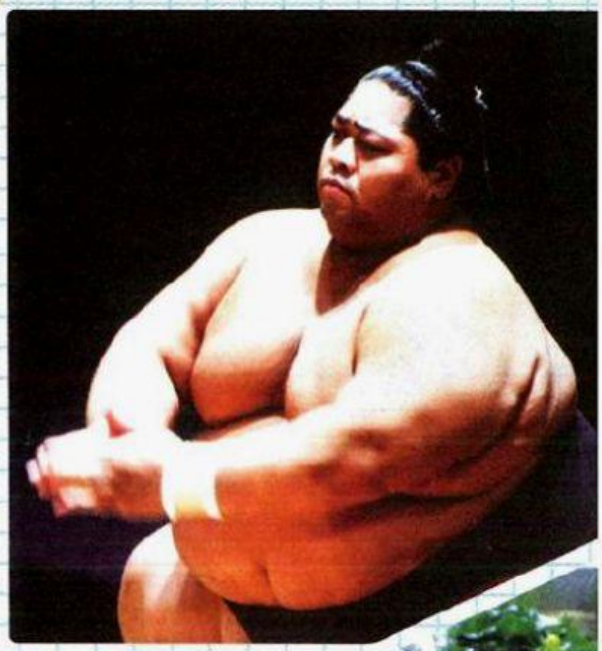
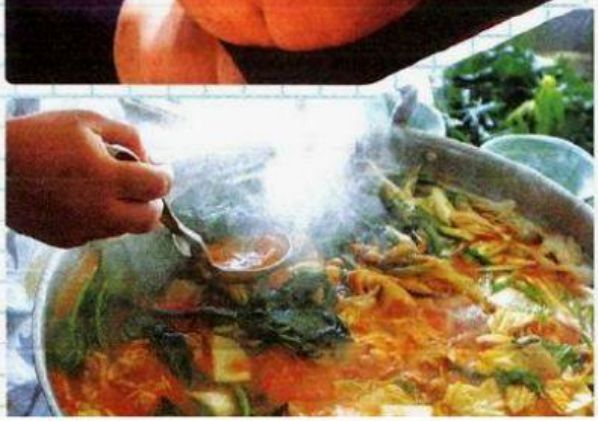
Read the text on page 54 of your textbook and answer the questions.

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!

State True or False.

1. Most sumo wrestlers weigh 190 kilos.
2. Sumo wrestlers start training early in the morning.
3. They have a big breakfast.
4. There's a lot of fat in *chankonabe*.
5. They sometimes eat sweet foods.

Fill in the blanks with suitable words.

1. _____ are good for you.
2. Sports people usually _____every day.
3. Spaghetti bolognese is popular _____ in Italy.
4. You have _____ at the end of a meal.
5. You put rice or soup in a _____.

Vocabulary plus!

dish
bowl
train
Vitamins
desserts

LIVEWORKSHEETS