

Complete the interview by choosing the correct answer.

What do they have for lunch?

Do they ever eat any different food?

What's their typical day?

Is it healthy?

The Sport 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 200 kilos.

Is it a popular sport?

Well, there aren't many sumo wrestlers these days. It isn't a healthy life.

(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 you want to be sumo size, eat and sleep a lot. If not, maybe do sports are healthier

Read and complete the summary by choosing the correct answer.

The lifestyle of sumo wrestlers (is / isn't) normal. The food which they eat is (healthy / unhealthy) but they (eat / drink) a lot. They also sleep a lot in the (mornings / afternoons) and they don't exercise (before / after) meals.

Check and write the meaning of the words.

	Word	Meaning
1.	vitamins	
2.	dish	
3.	desserts	
4.	bowls	
5.	train	
6.	enormous	