



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 wrestler 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 lunch time 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 are 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!

Is it healthy?

Do they eat any different foods?

What's their typical day?

What do they have for lunch?