

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!



Drag the answer to the blank space

1 Read the text. Complete the interview with questions a–d.

- 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?

