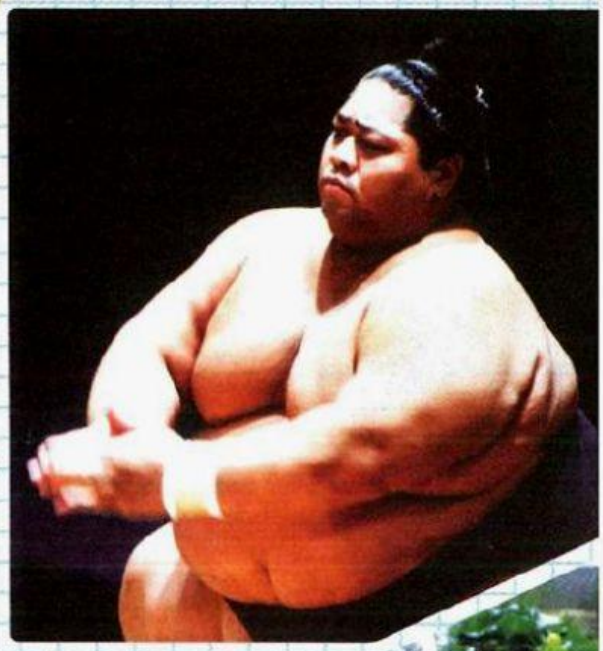
Read the textbook on page 54.

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!

Drag the questions to the suitable statements.

What do they have for lunch?

What's their typical day?

Is it healthy?

Do they ever eat any different foods?

Read the text again and complete the summary.

eat is before healthy mornings
sleep isn't after unhealthy afternoons

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.

LIVEWORKSHEETS