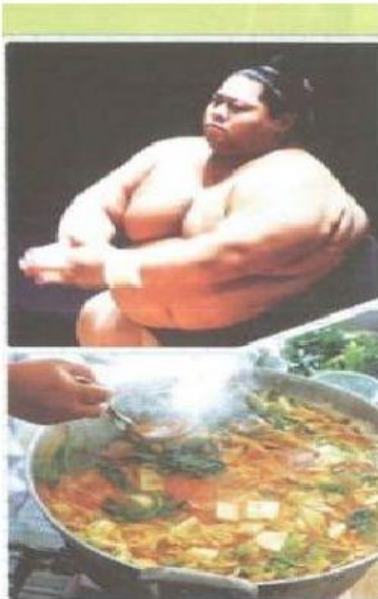


SUMO STYLE



Most top wrestlers weigh more than 140 kilos. The heaviest are around more than 190 kilos. Well, there aren't many sumo wrestlers these days. It isn't a healthy lifestyle.

They get up early and train from 5 a.m. until around 1 p.m. They don't have breakfast so they are very hungry at lunch and they eat a lot. They have special dish called chankonabe. There's a lot of meat or fish in chankonabe and there are also a lot of vegetable. 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.

They exercise a lot but not after meals. After lunch they sleep, then they get up and eat more chankonabe.

It's always chankonabe. Sometimes, some eggs and desserts. So, if you want to be sumo size, eat and sleep a lot. If not, maybe do sports which are healthier.

TYPE THE CORRECT ANSWER IN THE SPACE PROVIDED

1. What do they have for lunch?
2. Do they eat any different food?
3. What's their typical day?
4. Is it healthy?
5. Which would you prefer?

MATCH THE CORRECT TRANSLATION

train from morning 	Eat special dish 	full of vitamins 
Eat seven bowls 	Eat enormous quantities 	Some desserts maybe 

makan tujuh mangkuk	mungkin sedikit pencuci mulut	penuh dengan vitamin
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berlatih dari pagi	hidangan istimewa	makan dalam quantiti besar
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TYPE THE CORRECT ANSWER IN THE BLANKS PROVIDED

train from morning	eat special dish	full of vitamins
Eat seven bowls	eat enormous quantities	Some desserts maybe

1. Eat more fruits and vegetable because they contain
2. The boys _____ until early afternoon in the school field.
3. The Sumo wrestlers can _____ of rice.
4. They _____ of food and never worry about their health.
5. Ally : Mom, what can I get after finishing my food?
Mom :
6. They _____ during the festival.

TRUE/FALSE STATEMENT



- Most top wrestlers weigh more than 190 kilos.
- The heaviest are around more than 100 kilos.
- Well, there are many sumo wrestlers these days.
- They get up early and train from 8 a.m. until around 12 p.m.
- They don't have breakfast so they are very hungry at lunch.
- They have special dish called chankonabe.
- There's a lot of vegetable, meat or fish, in chankonabe.
- The chankobabe is full of vitamins and there isn't much fat in it.
- The Sumo wrestlers eat chankonabe without rice.
- They exercise a lot but not after meals.