

What's on the menu for sumo wrestlers?



Sumo wrestling is the national sport of Japan and is ¹ _____. Today, there are some professional sumo wrestlers - *rikishi* - from other countries. Lots of them are from Mongolia, and there are some from Bulgaria and Estonia. But Japan is the only place where there are sumo competitions (or *basho*). There are six a year and ² _____.

People don't become *rikishi* in Japan just for fun - it's how they live and ³ _____. *Rikishi* eat, sleep and do exercise together in special sumo schools. They get up very early and train for five hours without any food. After their long workout, *rikishi* have lunch and then sleep. And ⁴ _____ all year round.

A *rikishi*'s **weight** is two or three times more than a typical adult's. They're pretty large people, but they don't have an unhealthy diet. They always have *chanko nabe* for lunch. This traditional dish for *rikishi* contains different ⁵ _____ and gives them all the energy they need. And for dinner? There's more ⁶ _____, like fish, noodles and salad!



all year round (*phrase*) during all the year
weight (*n*) how heavy someone is