

# What's on the menu for sumo wrestlers?



Sumo wrestling is the national sport of Japan and is <sup>1</sup> . 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 <sup>2</sup> .

People don't become *rikishi* in Japan just for fun - it's how they live and <sup>3</sup> . *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 <sup>4</sup>  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 <sup>5</sup>  and gives them all the energy they need. And for dinner? There's more <sup>6</sup> , like fish, noodles and salad!



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

- 1 What can you remember about the article in the Student Book? Complete the words in the text.

The article is about <sup>1</sup>h[ ][ ][ ][ ][ ][ ] eating habits for active teenagers. It says that <sup>2</sup>b[ ][ ][ ][ ][ ][ ][ ] is an important meal – it gives you <sup>3</sup>e[ ][ ][ ][ ][ ] for the day. It talks about the food you need for a balanced <sup>4</sup>d[ ][ ][ ], e.g. vitamins and healthy <sup>5</sup>f[ ][ ][ ]. It also says how much <sup>6</sup>w[ ][ ][ ][ ] is good for you: between six and eight glasses a day!

**STRATEGY** Using general knowledge to predict content

Before you read a text, look at the title and images or any extra information and answer these questions:

- 1 What can I see in the photo(s)?
- 2 What do I know about this topic?
- 3 What do I think the main ideas are?

- 2 Read the strategy above. Then look at the title of the text and the photos. Then answer the questions.
- 3 Look at the sentences and tick (✓) the one you think is correct. Then read the article and check.
- 1 Sumo wrestlers are all Japanese.
  - 2 Sumo wrestlers don't do much exercise.
  - 3 Sumo wrestlers eat two meals a day.
  - 4 Sumo wrestlers eat lots of unhealthy food.

- 4 Read the article again. Complete the text with phrases A–G. There is one phrase you do not need.

- A healthy food on the menu
- B an important part of Japanese culture
- C food that's high in sugar
- D each one lasts for fifteen days
- E it's often difficult
- F vegetables with chicken or fish
- G this is their daily routine

- 5 **2.05** Read the article again and answer the questions.

- 1 Who or what are *rikishi*?
- 2 Where and how often can you see a *basho*?
- 3 What do *rikishi* usually have for breakfast?
- 4 How often do you think *rikishi* go home? Why?
- 5 How big are *rikishi*?
- 6 Why is *chanko nabe* a good dish for *rikishi*?