

Reading • Sumo wrestlers

Aim

Summarise a text.

THINK!

Read the question with the class and brainstorm what students know about sumo wrestlers. Refer them to the photo to help them.

ANSWERS

Students' own answers.

Background

Sumo wrestling originated in Japan. Wrestlers win a fight by forcing their opponent to step outside the ring, or forcing them to touch the ground with any part of their body apart from their bottom or feet.

Exercise 1

Explain that the text is an interview about sumo wrestling. Point out the questions already in the text and the gaps for further questions. Allow students time to read through questions a–d. Check they understand *typical* and *healthy*. Students read and complete the interview with the questions. They can compare their answers in pairs. Check answers with the class.

ANSWERS

1 c 2 a 3 d 4 b

Exercise 2 2-05

Students read the skills strategy before doing exercise 2. Point out that a summary focuses on the general idea of a text, not the details. Students read and listen to the text and complete the summary with the correct words. They can compare their answers in pairs. Check answers with the class.

ANSWERS

1 isn't 2 healthy 3 eat
4 afternoons 5 after

Optional activity: Reading

Write these sentences on the board:

- Most sumo wrestlers weigh 190 kilos.
- Sumo wrestlers start training early in the morning.
- They have a big breakfast.
- There's a lot of fat in *chankonabe*.
- They sometimes eat sweet foods.

Students work in pairs to decide if the sentences are true or false, and correct the false sentences.

ANSWERS

1 False (Only the heaviest sumo wrestlers weigh 190 kilos.) 2 True
3 False (They don't have breakfast.)
4 False (There isn't much fat in *chankonabe*.) 5 True

5 READING • Sumo wrestlers

I can summarise a text.

THINK! Look at the photo. What do you know about sumo wrestlers?

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!



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

- What do they have for lunch?
- Do they ever eat any different foods?
- What's their typical day?
- Is it healthy?

SKILLS STRATEGY

How to do the gap filling exercise:

- First, look at the photo and scan the interview for gist.
- Next, read the four sentences and scan the interview to find the answer to the first gap.
- After that, work through finding answers to the gaps in turn.
- Finally, check that all the sentences make sense.

2 2-05 Read the Skills Strategy. Then listen to the text again and complete the summary with five of the words in the box.

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.

3 VOCABULARY PLUS Use a dictionary to check the meanings of the words in blue in the text.

4 USE IT! Work in pairs. Do you think a sumo wrestler's life is interesting? Why / Why not? What is your favourite dish?

64 Food and health

Exercise 3 VOCABULARY PLUS

Students check the meanings of the words in blue. Discuss the meanings with the class. You could ask students to translate the words into their own language.

ANSWERS

Students' own answers.

Workbook page 40 exercise 5

Optional activity: Vocabulary plus

Write the following gapped sentences on the board:

- _____ are good for you.
- Sports people usually _____ every day.
- Spaghetti bolognese is a popular _____ in Italy.
- You have _____ at the end of a meal.
- You put rice or soup in a _____.

Students complete the sentences with the correct blue words from the text. Check answers with the class.

ANSWERS

1 Vitamins 2 train 3 dish
4 desserts 5 bowl

Exercise 4 USE IT!

Allow students time to prepare their answers to the questions individually. They then discuss the questions in pairs. Ask some students to report back to the class. Discuss as a class what students' favourite dishes are. Ask more questions to extend the discussion, e.g. *What's your favourite meat / fish dish? What's your favourite dessert? How do you make it?* See which dishes are the most popular with the class.

ANSWERS

Students' own answers.

More practice

Workbook page 40
Practice Kit