

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?