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

# The sports interview ...

#### 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.

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!

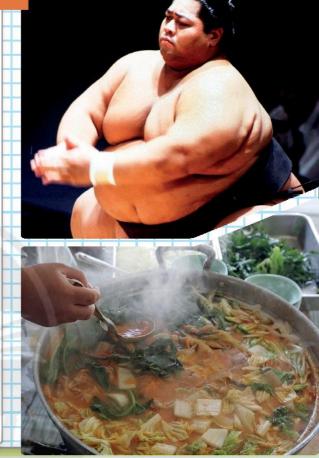
They have a special dish called *chankonabe*. There's a lot of meat or fish in chankonabe and there are also a lot of vegetables.

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.

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!



- Read the text. Complete the interview with auestions a-d.
  - a. What do they have for lunch?
  - b. Do they ever eat any different foods?
  - c. What's their typical day?
  - d. 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 Suse IT! Work in pairs. Do you think a sumo wrestler's life is interesting? Why / Why not? What is your favourite dish?