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Level 3 – 28th June, 2020

Heaviest ever sumo wrestler gives diet advice

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<https://breakingnewsenglish.com/2006/200628-sumo-wrestler.html>

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Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

From <https://breakingnewsenglish.com/2006/200628-sumo-wrestler.html>

The world's heaviest ever sumo wrestler has given health advice to other wrestlers. The wrestler's fighting name was Orora. He is from Russia and his real name is Anatoly Mikhakhanov. He weighed 292kg before he retired in 2018. Orora has warned other wrestlers to take better care of themselves after the death of a 28-year-old sumo wrestler earlier this year. Orora told the Asahi newspaper that Japan's sumo wrestlers should eat less. Sumo wrestlers are famous for having enormous appetites and for eating a lot. Orora said it was time for wrestlers to think more about their diet and reduce their calorie intake. He said: "It's never easy to stay healthy as long as you're living the life of a sumo wrestler."

Orora told reporters that a sumo wrestler's lifestyle can be unhealthy. He described how he put on so much weight. He ate two huge meals a day. He had a daily diet containing over 7,000 calories. He said he used to eat 200 pieces of sushi and drink a crate of beer in one sitting. He also ate extra bowls of rice when other wrestlers offered them to him. His diet led to hypertension and fatigue. He said: "I would lie down and nap right after eating, which wasn't good. Just walking or moving was really troublesome." The Japan Sumo Association has published 10 health guidelines for wrestlers. It said they should eat fish and vegetables, in addition to meat. They should also chew food properly and avoid snacks.

Sources: <https://www.theguardian.com/world/2020/jun/26/sumos-heaviest-ever-wrestler-urges-others-to-keep-eating-habits-in-check>
<http://www.asahi.com/ajw/articles/13424497>
<https://www.telegraph.co.uk/news/2020/06/16/heaviest-sumo-wrestler-history-accuses-sport-not-caring-athletes/>

WARM-UPS

1. SUMO: Students walk around the class and talk to other students about sumo. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

heaviest / health / advice / wrestlers / take care / newspaper / appetite / calorie / lifestyle / unhealthy / weight / sushi / hypertension / fatigue / troublesome / sumo

Have a chat about the topics you liked. Change topics and partners frequently.

3. ADVICE: Students A **strongly** believe we should be getting more advice about healthy eating; Students B **strongly** believe we get enough advice. Change partners again and talk about your conversations.

4. MARTIAL ARTS: What do you know about these martial arts? How interesting are they? Complete this table with your partner(s). Change partners often and share what you wrote.

	What I Know	How Interesting
Sumo		
Karate		
Judo		
Aikido		
Kendo		
Taekwondo		

5. WEIGHT: Spend one minute writing down all of the different words you associate with the word "weight". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. HEALTH: Rank these with your partner. Put the best things for your health at the top. Change partners often and share your rankings.

- Laughter
- Water
- Sleep
- Fresh air
- Vegetables
- Friends
- Exercise
- Vitamin pills

VOCABULARY MATCHING

Paragraph 1

- | | |
|-------------|--|
| 1. advice | a. Known about by many people. |
| 2. retired | b. Make smaller or less in amount, degree, or size. |
| 3. famous | c. Good ideas people give to help others. |
| 4. appetite | d. Having left one's job and stopped working. |
| 5. diet | e. A natural desire to satisfy a bodily need, especially for food. |
| 6. reduce | f. The kinds of food that a person or animal usually eats. |
| 7. calorie | g. One unit of energy in food. |

Paragraph 2

- | | |
|------------------|--|
| 8. lifestyle | h. Being very, very, very tired because of mental or physical effort or illness. |
| 9. huge | i. The way in which a person or group lives. |
| 10. crate | j. Very high blood pressure. |
| 11. hypertension | k. Bite food in the mouth with the teeth, especially to make it easier to swallow. |
| 12. fatigue | l. Extremely large. |
| 13. chew | m. Keep away from or stop oneself from doing something. |
| 14. avoid | n. A square metal or plastic container used for transporting or storing bottles. |

BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/2006/200628-sumo-wrestler.html>

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

- a. The sumo wrestler is from Russia. **T / F**
- b. The sumo wrestler retired last year. **T / F**
- c. A 28-year-old sumo wrestler died this year. **T / F**
- d. The heaviest sumo wrestler told other wrestlers to cut their calories. **T / F**
- e. The sumo wrestler could eat 200 pieces of sushi in one sitting. **T / F**
- f. The sumo wrestler said he never ate rice from bowls. **T / F**
- g. The sumo wrestler suffered from hypertension. **T / F**
- h. The Japan Sumo Association said wrestlers should eat more meat. **T / F**

2. SYNONYM MATCH: (The words in **bold** are from the news article.)

- | | |
|---------------------|-------------------|
| 1. advice | a. stay away from |
| 2. retired | b. cut |
| 3. famous | c. explained |
| 4. reduce | d. gave up work |
| 5. easy | e. additional |
| 6. described | f. tiredness |
| 7. extra | g. guidance |
| 8. fatigue | h. sleep |
| 9. nap | i. well known |
| 10. avoid | j. simple |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|--|------------------------|
| 1. The wrestler's fighting | a. after eating |
| 2. He weighed 292kg before | b. appetites |
| 3. warned other wrestlers to take better | c. and fatigue |
| 4. famous for having enormous | d. he retired |
| 5. reduce their calorie | e. be unhealthy |
| 6. a sumo wrestler's lifestyle can | f. over 7,000 calories |
| 7. He had a daily diet containing | g. name was Orora |
| 8. His diet led to hypertension | h. snacks |
| 9. nap right | i. care of themselves |
| 10. avoid | j. intake |

GAP FILL

From <https://breakingnewsenglish.com/2006/200628-sumo-wrestler.html>

The world's heaviest ever sumo wrestler has (1) _____ health advice to other wrestlers. The wrestler's (2) _____ name was Orora. He is from Russia and his real name is Anatoly Mikhakhanov. He (3) _____ 292kg before he retired in 2018. Orora has warned other wrestlers to take (4) _____ care of themselves after the death of a 28-year-old sumo wrestler (5) _____ this year. Orora told the Asahi newspaper that Japan's sumo wrestlers should eat less. Sumo wrestlers are famous for having enormous (6) _____ and for eating a lot. Orora said it was time for wrestlers to think more about their diet and reduce their calorie (7) _____. He said: "It's never easy to stay healthy as long as you're living the (8) _____ of a sumo wrestler."

weighed
appetites
better
intake
life
given
fighting
earlier

Orora told reporters that a sumo wrestler's (9) _____ can be unhealthy. He described how he put on so (10) _____ weight. He ate two huge meals a day. He had a daily diet containing over 7,000 (11) _____. He said he used to eat 200 pieces of sushi and drink a crate of beer in one (12) _____. He also ate extra bowls of rice when other wrestlers offered them to him. His diet led to hypertension and (13) _____. He said: "I would lie down and nap right after eating, which wasn't good. Just walking or moving was (14) _____ troublesome." The Japan Sumo Association has published 10 health (15) _____ for wrestlers. It said they should eat fish and vegetables, in addition to meat. They should also chew food properly and (16) _____ snacks.

really
calories
fatigue
lifestyle
sitting
avoid
much
guidelines

LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/2006/200628-sumo-wrestler.html>

- 1) The world's heaviest ever sumo wrestler has given health _____ wrestlers
 - a. advise to other
 - b. ad vice to other
 - c. add vice to other
 - d. advisor to other
- 2) He weighed 292kg before he _____
 - a. retried in 2018
 - b. retired in 2018
 - c. retread in 2018
 - d. littered in 2018
- 3) Orora has warned other wrestlers to take better _____
 - a. cares of themselves
 - b. cared of themselves
 - c. careful themselves
 - d. care of themselves
- 4) Sumo wrestlers are famous for having _____
 - a. enormous upper tights
 - b. enormous app and tights
 - c. enormous appetites
 - d. enormous appetizers
- 5) it was time for wrestlers to think more about their diet and reduce _____
 - a. their calorific intake
 - b. their calorie intake
 - c. their calories intake
 - d. their colouring intake
- 6) He said he used to eat 200 _____
 - a. piece of sushi
 - b. pies of sushi
 - c. Pisces of sushi
 - d. pieces of sushi
- 7) His diet led to hypertension _____
 - a. and fatigue
 - b. end far teak
 - c. and fat egg
 - d. and fort egg
- 8) The Japan Sumo Association has published 10 health _____
 - a. guideline for wrestlers
 - b. guided lines for wrestlers
 - c. guide line for wrestlers
 - d. guidelines for wrestlers
- 9) It said they should eat fish and vegetables, in _____
 - a. subtraction to meat
 - b. division to meat
 - c. addition to meat
 - d. multiplication to meat
- 10) They should also chew food properly _____
 - a. avoidance snacks
 - b. avoid end snacks
 - c. end avoid snacks
 - d. and avoid snacks

LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/2006/200628-sumo-wrestler.html>

The world's (1) _____ wrestler has given health advice to other wrestlers. The wrestler's fighting name was Orora. He is from Russia and his (2) _____ Anatoly Mikhakhanov. He weighed 292kg before he retired in 2018. Orora (3) _____ wrestlers to take better care of themselves after the death of a 28-year-old sumo wrestler earlier this year. Orora told the Asahi newspaper that Japan's sumo wrestlers should eat less. Sumo wrestlers are (4) _____ enormous appetites and for eating a lot. Orora said it was time for wrestlers to think more about their (5) _____ their calorie intake. He said: "It's never easy to stay healthy (6) _____ you're living the life of a sumo wrestler."

Orora told reporters that a sumo wrestler's (7) _____ unhealthy. He described how he (8) _____ much weight. He ate two huge meals a day. He had a daily diet containing over 7,000 calories. He said he (9) _____ 200 pieces of sushi and drink a crate of beer in one sitting. He also ate extra bowls of rice when other wrestlers (10) _____ him. His diet led to hypertension and fatigue. He said: "I would lie down and nap right after eating, which wasn't good. Just walking or moving (11) _____." The Japan Sumo Association has published 10 health guidelines for wrestlers. It said they should eat fish and vegetables, in addition to meat. They should also chew food properly (12) _____.

COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/2006/200628-sumo-wrestler.html>

1. Where is the sumo wrestler from?
2. How much did he weigh before he retired?
3. What did the article say sumo wrestlers were famous for?
4. What did the sumo wrestler say other wrestlers should reduce?
5. What did the wrestler say it wasn't easy for sumo wrestlers to do?
6. How many meals a day did the sumo wrestler eat?
7. How many pieces of sushi did the sumo wrestler eat at one sitting?
8. What did the sumo wrestler suffer from besides hypertension?
9. What did the sumo wrestler do right after eating?
10. What did the Japan Sumo Association say wrestlers should avoid?

MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/2006/200628-sumo-wrestler.html>

- 1) Where is the sumo wrestler from?
 - a) Japan
 - b) Mongolia
 - c) Russia
 - d) Bulgaria
- 2) How much did he weigh before he retired?
 - a) 292kg
 - b) 229kg
 - c) 302kg
 - d) 313kg
- 3) What did the article say sumo wrestlers were famous for?
 - a) their flexibility
 - b) fighting
 - c) muscle
 - d) enormous appetites
- 4) What did the sumo wrestler say other wrestlers should reduce?
 - a) training
 - b) calories
 - c) fighting time
 - d) their hair length
- 5) What did the wrestler say it wasn't easy for sumo wrestlers to do?
 - a) sleep
 - b) practice
 - c) stay healthy
 - d) have a long career
- 6) How many meals a day did the sumo wrestler eat?
 - a) 3
 - b) 2
 - c) 5
 - d) 4
- 7) How many pieces of sushi did the sumo wrestler eat at one sitting?
 - a) 230
 - b) 250
 - c) 220
 - d) 200
- 8) What did the sumo wrestler suffer from besides hypertension?
 - a) diabetes
 - b) fatigue
 - c) anaemia
 - d) asthma
- 9) What did the sumo wrestler do right after eating?
 - a) nap
 - b) drink
 - c) run
 - d) shower
- 10) What did the Japan Sumo Association say wrestlers should avoid?
 - a) cycling
 - b) arguments
 - c) alcohol
 - d) snacks

ROLE PLAY

From <https://breakingnewsenglish.com/2006/200628-sumo-wrestler.html>

Role A – Laughter

You think laughter is the best thing for our health. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least effective of these (and why): sleep, vegetables or vitamin pills.

Role B – Sleep

You think sleep is the best thing for our health. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least effective of these (and why): laughter, vegetables or vitamin pills.

Role C – Vegetables

You think vegetables are the best thing for our health. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least effective of these (and why): sleep, laughter or vitamin pills.

Role D – Vitamin Pills

You think vitamin pills are the best thing for our health. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least effective of these (and why): sleep, vegetables or laughter.

AFTER READING / LISTENING

From <https://breakingnewsenglish.com/2006/200628-sumo-wrestler.html>

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'sumo' and 'wrestler'.

sumo	wrestler
-------------	-----------------

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• ever• real• 2018• 28• famous• easy	<ul style="list-style-type: none">• reporters• huge• 200• lie• 10• properly
---	--

SUMO SURVEY

From <https://breakingnewsenglish.com/2006/200628-sumo-wrestler.html>

Write five GOOD questions about sumo in the table. Do this in pairs. Each student must write the questions on his / her own paper.

When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

SUMO DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'sumo'?
3. What do you know about sumo?
4. How healthy do you think sumo wrestlers are?
5. How interesting is watching sumo?
6. What training do sumo wrestlers do?
7. Are the heaviest wrestlers the best?
8. What would life be like if you were 292kg?
9. How big is your appetite?
10. What do you do to stay healthy?

Heaviest ever sumo wrestler gives diet advice – 28th June, 2020
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SUMO DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'wrestler'?
13. What do you think about what you read?
14. What do you think of sumo?
15. How much do you worry about your weight?
16. How much do you worry about your health?
17. What do you think of eating 200 pieces of sushi?
18. What advice do you have for hypertension?
19. How difficult is it for you to avoid snacks?
20. What questions would you like to ask a sumo wrestler?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

From <https://breakingnewsenglish.com/2006/200628-sumo-wrestler.html>

The world's heaviest ever sumo wrestler has (1) _____ health advice to other wrestlers. The wrestler's fighting name was Orora. He is from Russia and his (2) _____ name is Anatoly Mikhakhanov. He weighed 292kg before he retired in 2018. Orora has warned other wrestlers to (3) _____ better care of themselves after the death of a 28-year-old sumo wrestler earlier this year. Orora told the Asahi newspaper that Japan's sumo wrestlers should eat (4) _____. Sumo wrestlers are famous for having enormous appetites and for eating a lot. Orora said it was time for wrestlers to think more about their diet and (5) _____ their calorie intake. He said: "It's never easy to stay healthy as long as you're living the (6) _____ of a sumo wrestler."

Orora told reporters (7) _____ a sumo wrestler's lifestyle can be unhealthy. He described how he put on (8) _____ much weight. He ate two huge meals a day. He had a daily diet containing over 7,000 calories. He said he used to eat 200 (9) _____ of sushi and drink a crate of beer in one sitting. He also ate extra bowls of rice when other wrestlers offered them to him. His diet led to hypertension and (10) _____. He said: "I would lie down and nap right after eating, which wasn't good. Just walking or moving was (11) _____ troublesome." The Japan Sumo Association has published 10 health guidelines for wrestlers. It said they should eat fish and vegetables, in addition (12) _____ meat. They should also chew food properly and avoid snacks.

Put the correct words from the table below in the above article.

- | | | | | |
|-----|-------------|------------|---------------|--------------|
| 1. | (a) gives | (b) given | (c) gave | (d) giving |
| 2. | (a) really | (b) real | (c) realism | (d) reality |
| 3. | (a) know | (b) do | (c) give | (d) take |
| 4. | (a) small | (b) less | (c) few | (d) little |
| 5. | (a) redact | (b) reduce | (c) reduction | (d) radiate |
| 6. | (a) live | (b) living | (c) life | (d) lifetime |
| 7. | (a) what | (b) which | (c) that | (d) for |
| 8. | (a) such | (b) real | (c) so | (d) heavy |
| 9. | (a) nuggets | (b) swims | (c) fishes | (d) pieces |
| 10. | (a) fugue | (b) figure | (c) fatigues | (d) fatigue |
| 11. | (a) really | (b) much | (c) such | (d) for |
| 12. | (a) much | (b) that | (c) to | (d) by |

SPELLING

From <https://breakingnewsenglish.com/2006/200628-sumo-wrestler.html>

Paragraph 1

1. before he teeirrd in 2018
2. take better care of tsehselvme
3. rleiare this year
4. famous for having umonesor appetites
5. reduce their eoircal intake
6. It's never easy to stay ehahlty

Paragraph 2

7. how he put on so much eghtiw
8. hypertension and aitugfe
9. moving was really eoormltebsu
10. 10 health euesgdiinl
11. They should also chew food rlrpoype
12. ivdao snacks

PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/2006/200628-sumo-wrestler.html>

Number these lines in the correct order.

- () name was Orora. He is from Russia and his real name is Anatoly Mikhakhanov. He weighed
- () to eat 200 pieces of sushi and drink a crate of beer in one sitting. He also ate extra bowls
- () of a 28-year-old sumo wrestler earlier this year. Orora told the Asahi newspaper that Japan's sumo wrestlers should eat
- () of rice when other wrestlers offered them to him. His diet led to hypertension and fatigue. He said: "I would lie
- () lot. Orora said it was time for wrestlers to think more about their diet and reduce their calorie
- () vegetables, in addition to meat. They should also chew food properly and avoid snacks.
- () Orora told reporters that a sumo wrestler's lifestyle can be unhealthy. He described how he put on so much
- () intake. He said: "It's never easy to stay healthy as long as you're living the life of a sumo wrestler."
- () weight. He ate two huge meals a day. He had a daily diet containing over 7,000 calories. He said he used
- (**1**) The world's heaviest ever sumo wrestler has given health advice to other wrestlers. The wrestler's fighting
- () 292kg before he retired in 2018. Orora has warned other wrestlers to take better care of themselves after the death
- () less. Sumo wrestlers are famous for having enormous appetites and for eating a
- () down and nap right after eating, which wasn't good. Just walking or moving was really troublesome." The Japan Sumo Association
- () has published 10 health guidelines for wrestlers. It said they should eat fish and

PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/2006/200628-sumo-wrestler.html>

1. has given health ever advice . The wrestler heaviest
2. he retired weighed He before 292kg in 2018 .
3. appetites . enormous wrestlers Sumo famous having for are
4. to wrestlers for about think diet . their Time
5. of sumo wrestler . the living a life You're
6. can lifestyle unhealthy . sumo wrestler's be A
7. daily containing 7,000 A over calories . diet
8. after and nap I'd right down eating . lie
9. Japan's guidelines . published sumo association 10 health has
10. food they should It properly . chew said also

CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/2006/200628-sumo-wrestler.html>

The world's *heaviest* / *heavy* ever sumo wrestler has given health advice to other wrestlers. The wrestler's *fighting* / *fought* name was Orora. He is from Russia and his *really* / *real* name is Anatoly Mikhakhanov. He weighed 292kg before he *retried* / *retired* in 2018. Orora has warned *other* / *another* wrestlers to take *better* / *well* care of themselves after the death of a 28-year-old sumo wrestler *earliest* / *earlier* this year. Orora told the Asahi newspaper that Japan's sumo wrestlers should eat *small* / *less*. Sumo wrestlers are famous for having enormous appetites and for eating a lot. Orora said it was time for wrestlers to think more about their *dietary* / *diet* and reduce their calorie intake. He said: "It's never easy to stay healthy as long as you're living the *life* / *live* of a sumo wrestler."

Orora told reporters that a sumo wrestler's lifestyle *can* / *should* be unhealthy. He described how he put *in* / *on* so much weight. He ate two *huge* / *hugest* meals a day. He had a daily diet *contents* / *containing* over 7,000 calories. He said he used to eat 200 pieces of sushi and drink a *crater* / *crate* of beer in one sitting. He also ate extra *bowl* / *bowls* of rice when other wrestlers offered them to *them* / *him*. His diet led to hypertension and fatigue. He said: "I would lie down and *nap* / *napped* right after eating, which wasn't good. Just walking or moving was really troublesome." The Japan Sumo Association has published 10 health guidelines *to* / *for* wrestlers. It said they should eat fish and vegetables, *in* / *on* addition to meat. They should also chew food properly and avoid snacks.

Talk about the connection between each pair of words in italics, and why the correct word is correct.

INSERT THE VOWELS (a, e, i, o, u)

From <https://breakingnewsenglish.com/2006/200628-sumo-wrestler.html>

T h _ w _ r l d ' s h _ _ v _ _ s t _ v _ r s _ m _ w r _ s t l _ r h _ s
g _ v _ n h _ _ l t h _ d v _ c _ t _ t h _ r w r _ s t l _ r s . T h _
w r _ s t l _ r ' s f _ g h t _ n g n _ m _ w _ s O r _ r _ . H _ _ s f
r _ m R _ s s _ _ n d h _ s r _ _ l n _ m _ _ s A n _ t l y M _ k
h _ k h _ n _ v . H _ w _ _ g h _ d 2 9 2 k g b _ f _ r _ h _ r _ t _ r _ d
_ n 2 0 1 8 . O r _ r _ h _ s w _ r n _ d _ t h _ r w r _ s t l _ r s
t _ t _ k _ b _ t _ t _ r c _ r _ f t h _ m _ s _ l _ v _ s _ f _ t _ r t h _ d _ _ t
h _ f _ _ 2 8 - y _ _ r - _ l d s _ m _ w r _ s t l _ r _ _ r l _ _ r t
h _ s y _ _ r . O r _ r _ t _ l d t h _ A s _ h _ n _ w _ s _ p _ p _ r t
h _ t J _ p _ n ' s s _ m _ w r _ s t l _ r s s h _ _ l d _ _ t _ l _ s _ s .
S _ m _ w r _ s t l _ r s _ r _ f _ m _ _ s f _ r h _ v _ n g _ n _ r _ m _ _ s
_ p _ p _ t _ t _ s _ n d f _ r _ _ t _ n g _ _ l _ t . O r _ r _ s _ _ d _ t
w _ s t _ m _ f _ r w r _ s t _ r s t _ t _ h _ n _ k m _ r _ _ b _ _ t t
h _ _ r d _ _ t _ n d r _ d _ c _ t h _ _ r c _ l _ r _ _ _ n _ t _ k _ . H _
s _ _ d : " I t ' s n _ v _ r _ _ s y t _ s t y h _ _ l t h y _ s
l _ n g _ s y _ _ ' r _ l _ v _ n g t h _ l _ f _ _ f _ _ s _ m _ w r _ s t
l _ r . "

O r _ r _ t _ l d r _ p _ r t _ r s t h _ t _ _ s _ m _ w r _ s t l _ r ' s
l _ f _ s t y l _ c _ n b _ _ n h _ _ l t h y . H _ d _ s _ c r _ b _ d h _ w
h _ p _ t _ n s _ m _ c h w _ _ g h t . H _ _ t _ t w _ h _ g _
m _ _ l s _ _ d _ y . H _ h _ d _ _ d _ _ l y d _ _ t c _ n t _ _ n _ n g
_ v _ r 7 , 0 0 0 c _ l _ r _ _ s . H _ s _ _ d h _ _ s _ d t _ _ _ t
2 0 0 p _ _ c _ s _ f _ s _ s h _ _ n d d r _ n k _ _ c r _ t _ _ f _ b _ _
r _ n _ n _ s _ t _ t _ n g . H _ _ l s _ _ t _ x _ t _ r _ b _ w _ l s _ f
r _ c _ w h _ n _ t h _ r w r _ s t l _ r s _ f _ f _ r _ d t h _ m t _ h _ m
_ . H _ s _ d _ _ t _ l _ d t _ h _ y _ p _ r _ t _ n s _ _ n _ n d f _ t _ g _ _ .
H _ s _ _ d : " I w _ _ l d l _ _ d _ w n _ n d n _ p _ r _ g h t
_ f _ t _ r _ _ t _ n g , w h _ c h w _ s n ' t g _ _ d . J _ s t w _ l
k _ n g _ r _ m _ v _ n g w _ s r _ _ l l y t r _ _ b l _ s _ m _ . " T
h _ J _ p _ n S _ m _ A _ s _ s _ c _ _ t _ _ n h _ s p _ b l _ s h _ d 1 0
h _ _ l t h g _ _ d _ l _ n _ s f _ r w r _ s t l _ r s . I t s _ _ d t
h _ y s h _ _ l d _ _ t f _ s h _ _ n d v _ g _ t _ b l _ s , _ n _ d
d _ t _ _ n t _ m _ _ t . T h _ y s h _ _ l d _ l _ s _ c h _ w _ f _ _ d
p _ r _ p _ r l y _ n d _ v _ _ d s n _ c _ k _ s .

PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/2006/200628-sumo-wrestler.html>

the worlds heaviest ever sumo wrestler has given health advice to other wrestlers the wrestlers fighting name was orora he is from russia and his real name is anatoly mikhakhanov he weighed 292kg before he retired in 2018 orora has warned other wrestlers to take better care of themselves after the death of a 28yearold sumo wrestler earlier this year orora told the asahi newspaper that japans sumo wrestlers should eat less sumo wrestlers are famous for having enormous appetites and for eating a lot orora said it was time for wrestlers to think more about their diet and reduce their calorie intake he said its never easy to stay healthy as long as youre living the life of a sumo wrestler

orora told reporters that a sumo wrestlers lifestyle can be unhealthy he described how he put on so much weight he ate two huge meals a day he had a daily diet containing over 7000 calories he said he used to eat 200 pieces of sushi and drink a crate of beer in one sitting he also ate extra bowls of rice when other wrestlers offered them to him his diet led to hypertension and fatigue he said i would lie down and nap right after eating which wasnt good just walking or moving was really troublesome the japan sumo association has published 10 health guidelines for wrestlers it said they should eat fish and vegetables in addition to meat they should also chew food properly and avoid snacks

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2006/200628-sumo-wrestler.html>

The world's heaviest ever sumo wrestler has given health advice to other wrestlers. The wrestler's fighting name was Orora. He is from Russia and his real name is Anatoly Mikhakhanov. He weighed 292 kg before he retired in 2018. Orora has warned other wrestlers to take better care of themselves after the death of a 28-year-old sumo wrestler earlier this year. Orora told the Asahi newspaper that Japan's sumo wrestlers should eat less. Sumo wrestlers are famous for having enormous appetites and for eating a lot. Orora said it was time for wrestlers to think more about their diet and reduce their calorie intake. He said: "It's never easy to stay healthy as long as you're living the life of a sumo wrestler." Orora told reporters that a sumo wrestler's lifestyle can be unhealthy. He described how he put on so much weight. He ate two huge meals a day. He had a daily diet containing over 7,000 calories. He said he used to eat 200 pieces of sushi and drink a crate of beer in one sitting. He also ate extra bowls of rice when another wrestler offered them to him. His diet led to hypertension and fatigue. He said: "I would lie down and nap right after eating, which wasn't good. Just walking or moving was really troublesome." The Japan Sumo Association has published 10 health guidelines for wrestlers. It said they should eat fish and vegetables, in addition to meat. They should also chew food properly and avoid snacks.

HOMework

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

3. SUMO: Make a poster about sumo. Show your work to your classmates in the next lesson. Did you all have similar things?

4. CALORIES: Write a magazine article about restaurants and food makers having a limit on calories. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on sumo. Ask him/her three questions about it. Give him/her three of your opinions on sumo. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1. c 2. d 3. a 4. e 5. f 6. b 7. g
8. i 9. l 10. n 11. j 12. h 13. k 14. m

TRUE / FALSE (p.5)

- a T b F c T d T e T f F g T h F

SYNONYM MATCH (p.5)

1. g	2. d	3. i	4. b	5. j
6. c	7. e	8. f	9. h	10. a

COMPREHENSION QUESTIONS (p.9)

1. Russia
2. 292kg
3. Enormous appetites
4. Their calorie intake
5. Stay healthy
6. Two
7. 200
8. Fatigue
9. Nap
10. Snacks

WORDS IN THE RIGHT ORDER (p.20)

1. The heaviest ever wrestler has given health advice.
2. He weighed 292kg before he retired in 2018.
3. Sumo wrestlers are famous for having enormous appetites.
4. Time for wrestlers to think about their diet.
5. You're living the life of a sumo wrestler.
6. A sumo wrestler's lifestyle can be unhealthy.
7. A daily diet containing over 7,000 calories.
8. I'd lie down and nap right after eating.
9. Japan's sumo association has published 10 health guidelines.
10. It said they should also chew food properly.

MULTIPLE CHOICE - QUIZ (p.10)

1. c 2. a 3. d 4. b 5. c 6. d 7. b 8. d 9. a 10. d

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)