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Level 1 – 28th June, 2020

Heaviest ever sumo wrestler gives diet advice

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<https://breakingnewsenglish.com/2006/200628-sumo-wrestler-1.html>

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Please try Levels 0, 2 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2006/200628-sumo-wrestler-1.html>

The heaviest ever sumo wrestler gave some health advice. Orora weighed 292kg when he retired in 2018. He has warned wrestlers to take better care of themselves. Orora told a newspaper that Japan's sumo wrestlers should eat less. Sumo wrestlers have big appetites. Orora said wrestlers should think about their diet. He said they should reduce their calories. He said: "It's never easy to stay healthy as long as you're living the life of a sumo wrestler."

Orora said a sumo wrestler's lifestyle can be unhealthy. He put on weight by eating two big meals a day that contained over 7,000 calories. He ate 200 pieces of sushi with lots of beer. He also ate extra bowls of rice. This gave him hypertension. He said: "I would lie down and nap right after eating, which wasn't good. Just walking or moving was really troublesome." Japan's sumo association said wrestlers should eat more fish and vegetables 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/>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2006/200628-sumo-wrestler-1.html>

PARAGRAPH ONE:

- | | |
|----------------------------|-----------------------|
| 1. Orora weighed 292kg | a. appetites |
| 2. take better care | b. stay healthy |
| 3. Japan's sumo wrestlers | c. of themselves |
| 4. Sumo wrestlers have big | d. of a sumo wrestler |
| 5. wrestlers should think | e. should eat less |
| 6. they should reduce | f. about their diet |
| 7. It's never easy to | g. their calories |
| 8. you're living the life | h. when he retired |

PARAGRAPH TWO:

- | | |
|------------------------------------|-------------------|
| 1. a sumo wrestler's lifestyle can | a. and nap |
| 2. He put on | b. meals a day |
| 3. eating two big | c. 7,000 calories |
| 4. contained over | d. be unhealthy |
| 5. He ate 200 pieces | e. hypertension |
| 6. This gave him | f. snacks |
| 7. I would lie down | g. of sushi |
| 8. avoid | h. weight |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2006/200628-sumo-wrestler-1.html>

The heaviest ever sumo wrestler (1) _____
advice. Orora weighed 292kg (2) _____ in 2018.
He has warned wrestlers to (3) _____ of
themselves. Orora told a newspaper that Japan's sumo wrestlers
should eat less. Sumo wrestlers (4) _____. Orora
said wrestlers should think about their diet. He said they should
(5) _____. He said: "It's never easy to stay
healthy as long as you're (6) _____ of a sumo
wrestler."

Orora said a sumo wrestler's lifestyle (7) _____.
He put on weight by eating two big meals a day that contained
over 7,000 calories. He ate 200 (8) _____ with
lots of beer. He also (9) _____ of rice. This gave
him hypertension. He said: "I would lie
(10) _____ right after eating, which wasn't good.
Just (11) _____ was really troublesome." Japan's
sumo association said wrestlers should eat more fish and
vegetables (12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2006/200628-sumo-wrestler-1.html>

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ed 292kg when he retired in 2018. He has warned wrestlers to take better
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said: "It's never easy to stay healthy as long as you're living the life of a sumo
wrestler." Orora said a sumo wrestler's lifestyle can be unhealthy. He put
on weight by eating two big meals a day that contained over 7,000 calories.
He ate 200 pieces of sushi with lots of beer. He also ate extra bowls of rice.
This gave him hypertension. He said: "I would lie down and nap right after
eating, which wasn't good. Just walking or moving was really troublesome."
Japan's sumo associations said wrestlers should eat more fish and vegetables
and avoid snacks.

SUMO SURVEY

From <https://breakingnewsenglish.com/2006/200628-sumo-wrestler-4.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.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

