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**Level 0 – 28th June, 2020**

## **Heaviest ever sumo wrestler gives diet advice**

**FREE online quizzes, mp3 listening and more for this lesson here:**

<https://breakingnewsenglish.com/2006/200628-sumo-wrestler-0.html>

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**Please try Levels 1, 2 and 3. They are (a little) harder.**

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# THE READING

From <https://breakingnewsenglish.com/2006/200628-sumo-wrestler-0.html>

The heaviest ever sumo wrestler gave some health advice. He warned wrestlers to take better care of themselves and eat less. Sumo wrestlers eat a lot. Orora said wrestlers should think carefully about their diet and 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 weighed 292kg. He put on weight by eating over 7,000 calories a day. He ate 200 pieces of sushi with beer and extra bowls of rice. This gave him hypertension. He would sleep right after eating. He said: "Just walking or moving was really troublesome." Wrestlers should eat more vegetables and fewer 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-0.html>

## PARAGRAPH ONE:

- |                       |                     |
|-----------------------|---------------------|
| 1. health             | a. a lot            |
| 2. He warned          | b. stay healthy     |
| 3. take better care   | c. wrestlers        |
| 4. Sumo wrestlers eat | d. a sumo wrestler  |
| 5. think carefully    | e. of themselves    |
| 6. reduce their       | f. about their diet |
| 7. It's never easy to | g. calories         |
| 8. living the life of | h. advice           |

## PARAGRAPH TWO:

- |                         |                    |
|-------------------------|--------------------|
| 1. He put on            | a. after eating    |
| 2. He ate 200 pieces    | b. of rice         |
| 3. extra bowls          | c. more vegetables |
| 4. This gave him        | d. of sushi        |
| 5. He would sleep right | e. troublesome     |
| 6. moving was really    | f. snacks          |
| 7. Wrestlers should eat | g. hypertension    |
| 8. fewer                | h. weight          |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2006/200628-sumo-wrestler-0.html>

The heaviest ever sumo wrestler (1) \_\_\_\_\_

advice. He warned wrestlers to (2) \_\_\_\_\_ of

themselves (3) \_\_\_\_\_. Sumo wrestlers eat a lot.

Orora said wrestlers should think carefully

(4) \_\_\_\_\_ and reduce their calories. He said: "It's

never (5) \_\_\_\_\_ healthy as long as you're living

(6) \_\_\_\_\_ a sumo wrestler."

Orora weighed 292kg. He (7) \_\_\_\_\_ by eating

over 7,000 (8) \_\_\_\_\_. He ate 200 pieces of sushi

with beer and (9) \_\_\_\_\_ rice. This gave him

hypertension. He (10) \_\_\_\_\_ after eating. He

said: "(11) \_\_\_\_\_ moving was really

troublesome." Wrestlers should eat more vegetables

(12) \_\_\_\_\_.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2006/200628-sumo-wrestler-0.html>

The heaviest ever sumo wrestler gave some health advice. He warned wrestlers to take better care of themselves and eat less. Sumo wrestlers eat a lot. Orora said wrestlers should think carefully about their diet and 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 weighed 292kg. He put on weight by eating over 7,000 calories a day. He ate 200 pieces of sushi with beer and extra bowl of rice. This gave him hypertension. He would sleep right after eating. He said: "Just walking or moving was really troublesome." Wrestlers should eat more vegetables and fewer 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) \_\_\_\_\_

*Heaviest ever sumo wrestler gives diet advice – 28th June, 2020*  
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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) \_\_\_\_\_

