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**Level 2 – 28th June, 2020**

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

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<https://breakingnewsenglish.com/2006/200628-sumo-wrestler-2.html>

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**Please try Levels 0, 1 and 3. They are (a little) harder.**

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# THE READING

From <https://breakingnewsenglish.com/2006/200628-sumo-wrestler-2.html>

The heaviest ever sumo wrestler gave health advice to other wrestlers. Orora, from Russia, weighed 292kg before he retired in 2018. He has warned other wrestlers to take care of themselves. This followed the death of a 28-year-old sumo wrestler this year. Orora told a newspaper that Japan's sumo wrestlers should eat less. Sumo wrestlers have enormous appetites. Orora said it was time for wrestlers to think carefully 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 told reporters a sumo wrestler's lifestyle can be unhealthy. He explained how he put on weight. He ate two big meals a day that contained over 7,000 calories. He used to eat 200 pieces of sushi with a crate of beer. He also ate extra bowls of rice. 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." Japan's sumo association gave 10 guidelines for wrestlers. It said they should eat more fish and vegetables. 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/>

# PHRASE MATCHING

From <https://breakingnewsenglish.com/2006/200628-sumo-wrestler-2.html>

## PARAGRAPH ONE:

- |                                 |                          |
|---------------------------------|--------------------------|
| 1. he retired                   | a. reduce their calories |
| 2. take care                    | b. of a sumo wrestler    |
| 3. Japan's sumo wrestlers       | c. in 2018               |
| 4. Sumo wrestlers have enormous | d. of themselves         |
| 5. it was time for wrestlers to | e. to stay healthy       |
| 6. He said they should          | f. should eat less       |
| 7. It's never easy              | g. think carefully       |
| 8. you're living the life       | h. appetites             |

## PARAGRAPH TWO:

- |                                 |                       |
|---------------------------------|-----------------------|
| 1. a sumo wrestler's lifestyle  | a. really troublesome |
| 2. He explained how he put      | b. properly           |
| 3. He ate two big meals         | c. and fatigue        |
| 4. contained over               | d. can be unhealthy   |
| 5. His diet led to hypertension | e. snacks             |
| 6. walking or moving was        | f. a day              |
| 7. They should also chew food   | g. on weight          |
| 8. avoid                        | h. 7,000 calories     |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2006/200628-sumo-wrestler-2.html>

The heaviest ever sumo wrestler (1) \_\_\_\_\_ to other wrestlers. Orora, from Russia, weighed 292kg (2) \_\_\_\_\_ in 2018. He has warned other wrestlers to take care of themselves. This (3) \_\_\_\_\_ of a 28-year-old sumo wrestler this year. Orora told a newspaper that Japan's sumo wrestlers should eat less. Sumo wrestlers (4) \_\_\_\_\_. Orora said it was time for wrestlers to think carefully 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 told reporters a sumo wrestler's (7) \_\_\_\_\_ unhealthy. He explained how he (8) \_\_\_\_\_. He ate two big meals a day (9) \_\_\_\_\_ 7,000 calories. He used to eat 200 pieces of sushi with a crate of beer. He also ate (10) \_\_\_\_\_ rice. His diet led to hypertension and fatigue. He said: "I would lie (11) \_\_\_\_\_ right after eating, which wasn't good. Just walking or moving was really troublesome." Japan's sumo association gave 10 guidelines for wrestlers. It said they should eat more fish and vegetables. They should also chew food (12) \_\_\_\_\_ snacks.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2006/200628-sumo-wrestler-2.html>

The heaviest ever sumo wrestler gave health advice to other wrestlers. Ogora, from Russia, weighed 292kg before he retired in 2018. He has warned other wrestlers to take care of themselves. This followed the death of a 28-year-old sumo wrestler this year. Ogora told a newspaper that Japan's sumo wrestlers should eat less. Sumo wrestlers have enormous appetites. Ogora said it was time for wrestlers to think carefully 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." Ogora told reporters a sumo wrestler's lifestyle can be unhealthy. He explained how he put on weight. He ate two big meals a day that contained over 7,000 calories. He used to eat 200 pieces of sushi with a crate of beer. He also ate extra bowls of rice. 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." Japan's sumo association gave 10 guidelines for wrestlers. It said they should eat more fish and vegetables. They should also chew food properly 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) \_\_\_\_\_

*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) \_\_\_\_\_

