

## Heaviest ever sumo wrestler gives diet advice

28th June, 2020



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: [theguardian.com](http://theguardian.com) / [asahi.com](http://asahi.com) / [telegraph.co.uk](http://telegraph.co.uk) /

### Writing

Everyone in every sport should eat a very healthy diet. Discuss.

### Chat

Talk about these words from the article.

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

### True / False

- 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

### Synonym Match

(The words in **bold** are from the news article.)

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

### Discussion – Student A

- a) What do you think about what you read?
- b) What do you think of sumo?
- c) How much do you worry about your weight?
- d) How much do you worry about your health?
- e) What do you think of eating 200 pieces of sushi?
- f) What advice do you have for hypertension?
- g) How difficult is it for you to avoid snacks?
- h) What questions would you like to ask a sumo wrestler?

## Phrase Match

- |  |                        |
|--|------------------------|
| 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              |

## Discussion – Student B

- What do you know about sumo?
- How healthy do you think sumo wrestlers are?
- How interesting is watching sumo?
- What training do sumo wrestlers do?
- Are the heaviest wrestlers the best?
- What would life be like if you were 292kg?
- How big is your appetite?
- What do you do to stay healthy?

## Spelling

- before he teeirrd in 2018
- take better care of tsehselvme
- rleiare this year
- famous for having umonesor appetites
- reduce their eoircal intake
- It's never easy to stay ehahlty
- how he put on so much eghtiw
- hypertension and aitugfe
- moving was really eoormltebsu
- 10 health euesgdiinl
- They should also chew food rlrpoype
- ivdao snacks

### Answers – Synonym Match

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

## Role Play

### 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.

## Speaking – Health

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

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

### Answers – True False

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

Answers to Phrase Match and Spelling are in the text.