

1. Read the text and match the headings to the paragraphs.

Taking a siesta

Loading

Skipping breakfast

2. Write T (true) or F (false) next to each statement.

a) Each meal of a sumo wrestler is 20,000 calories. ☐

b) A healthy male should eat around 2,500 calories a day. ☐

c) Sumo wrestlers start their days early in the morning with a huge breakfast. ☐

d) The main dish that sumo wrestlers eat is called 'chankonabe'. ☐

e) Sleeping after their meal for four hours is the best way to slow down their metabolism. ☐