MUST, MUSTN´T, SHOULD, SHLOULDN´T

Complete the text with shouldn't, mustn't, must (3), should (3)

When talking about food, there are some things you _____(1) (Obligation) and _____(2) (Prohibition) do. For example, you _____(3) (Obligation) eat fruits and vegetables every day because they are good for your health. You _____(4) (Negative advice) eat too much sugar or junk food because they are not healthy for you. If you have doubts, ask a professional. For example:-How much sugar _____ (5)(Advice) I eat?

You _____(6) (Advice) also try new foods and flavors to discover what you like and don't like. It's important to have a balanced diet and eat a variety of foods to get all the nutrients your body needs.

When you cook, you _____(7) (Obligation) follow the recipe carefully so that your dish turns out delicious. You mustn't forget to wash your hands and the ingredients before cooking to avoid getting sick.

If you go to a restaurant, you _____(8)(Advice) look in the menu for healthy options available. You shouldn't order too much food because food waste is bad for the planet.

LIVEWORKSHEETS