

Read the notes and complete the activities below:

MODAL	EXAMPLES	USES
CAN	He can find any street in London. You can take a taxi. Can you take me to Victoria Station?	Ability Suggestion Request
BE ABLE TO	He is able to find any street in London.	Ability
CAN'T	That story can't be true.	Certainty that something is impossible
COULD	I could play tennis when I was younger. Could you take me to Victoria Station? You could take a taxi.	Ability Request Suggestion
MAY	It may be quicker to travel by train. May I come in?	Possibility Formal request/Permission
MIGHT	It might be quicker to travel by train.	Possibility
MUST	You must be back at 10 o'clock. Look at the snow. It must be cold outside.	Obligation Certainty that something is true.
HAVE TO	You have to be back at 10 o'clock.	Obligation
NEED TO	You need to study a lot.	Obligation.
NEEDN'T	You needn't have a university degree.	Lack of obligation.
MUSN'T	You mustn't drive without a license.	Prohibition
DON'T HAVE TO	You don't have to call a taxi.	Lack of obligation
SHOULD	You should drive more carefully.	Opinion/Advice
OUGHT TO	You ought to drive more carefully.	Opinion/Advice

A- Choose the correct modal verb in the sentences below:

1. Diabetes is a disease in which the body **mustn't/ cannot** control the level of sugar in the blood.
2. You **should/ would** walk or cycle instead of travelling by car or bus.
3. If people change to a healthier lifestyle, we **may/ can** be able to stop the rise in diabetes one day.
4. You **don't have to/ mustn't** forget to check your blood sugar regularly.
5. I almost passed out yesterday – I **shouldn't have eaten/ may have eaten** the cake!
6. She was not feeling well yesterday – she **had to go/ must** go home.
7. The problem **may have been/ mustn't be** caused by hypoglycaemia.
8. You were sick? That **must have been/ should have been** terrible for you at this busy time of the year!

B- Healthy Diet

Complete with: **SHOULD (3) - SHOULDN'T - CAN - OUGHT TO (2) - MIGHT**

A healthy diet is the one which involves consuming appropriate amounts of all essential nutrients and an adequate amount of water. We _____ drink a lot of water to help our digestion system. And only if we consume vegetables and fruits regularly we _____ be healthy. Consumption of cereals and pulses is crucial for an healthy diet too, so we _____ eat them. In addition to these factors, we _____ do sports every day at least twenty minutes. We've talked about what _____ do but haven't talked about the things we _____ do. In order to lose weight in a healthy way we _____ consume enough of all necessary nutrients. Otherwise, we feel weak during the day and _____ suffer from headaches.