

A1 English Worksheet

Modal Verbs & Healthy Eating

Topics: Probability, Deduction, Necessity, Obligation and Giving Advice

1. PRESENTATION SECTION

Probability: can, could, may, might

- She can have a healthy diet.
- We may cook soup tonight.

Deduction: could, must, can't

- It must be healthy.
- This can't be fresh.

Necessity: need to / needn't

- You need to drink water.
- You needn't add sugar.

Obligation: have to / must / mustn't

- Students have to bring healthy food.
- You must wash your hands.
- Children mustn't skip breakfast.

Giving Advice: should / shouldn't

- You should eat fruit.
- You shouldn't eat too much candy.

2. VOCABULARY MATCHING

1. nutritious → healthy food
2. junk food → unhealthy snacks
3. organic → natural food
4. diet → eating habits
5. stove → cooking machine

3. READING COMPREHENSION

Healthy Habits Around the World

Maria is a student from Spain. She loves healthy food. Every morning, she must eat breakfast before school. She usually eats eggs, bread and fruit.

Maria thinks students should drink more water and eat less junk food. At home, her mother says they need to wash vegetables before cooking.

Sometimes Maria and her family may cook vegetable soup for dinner. Her little brother doesn't like onions, so he needn't eat them.

Maria believes healthy habits can help people feel stronger and happier.

4. ANSWER THE QUESTIONS

1. Where is Maria from?
2. What must Maria eat before school?
3. What should students drink more?
4. What do they need to wash before cooking?
5. What may Maria's family cook for dinner?

5. TRUE OR FALSE

1. Maria is from Italy. _____
2. Maria eats breakfast before school. _____
3. Students shouldn't drink water. _____
4. Maria's family may cook soup. _____
5. Her brother must eat onions. _____

6. FILL IN THE BLANKS

Use: can – could – may – might – should – shouldn't – must – mustn't – need to – have to

1. You _____ eat vegetables every day.
2. Students _____ be careful with unhealthy snacks.
3. We _____ cook pasta tonight.
4. She _____ wash the fruit before eating.
5. Children _____ skip breakfast.

7. MULTIPLE CHOICE QUIZ

1. You _____ eat too much candy.
a) should b) shouldn't c) may
2. We _____ wash our hands before dinner.
a) must b) might c) can't
3. They _____ cook soup tonight.
a) mustn't b) may c) have to

8. SPEAKING ACTIVITY

Student A

- What should children eat?
- What healthy food do you like?

Student B

- What might people eat for dinner?
- Should students exercise every day?

9. WRITING ACTIVITY

Write 5-6 sentences about your eating habits.

Example:

"I should eat more fruit. I must drink water every day."

10. ANSWER KEY

Reading Answers

1. Spain
2. Breakfast
3. Water
4. Vegetables
5. Vegetable soup

True / False

1. False
2. True
3. False
4. True
5. False