

Grammar Reference

Form

Zero conditional

if clause (if + present tense)

If you eat well,

If a person exercises every day,

Result clause (present tense)

you feel well.

he or she feels more energetic.

First conditional

if clause (if + present tense)

If you drink more water,

If she takes some time to relax,

Result clause (will + base verb)

your skin will look clearer.

she'll feel better.

A Use the prompts in parentheses to complete the conversation.

Selena: I don't feel good. If I stand up quickly, 1 _____ (feel / dizzy).

Marco: You're working too hard. 2 _____ (work at computer) for hours without taking a break, you'll feel pretty terrible afterward.

Selena: You're right. I need to make some lifestyle changes.

Marco: Yeah, I think you do. You're working too hard, and you're not eating well.

3 _____ (make bad choices), you won't feel so good.

Selena: True! I don't have time to eat healthy meals.

Marco: It doesn't need to take a lot of time. If you drink more water, 4 _____ (stop / get headaches), for example. Drinking water doesn't take too much time, does it?

Selena: I guess not. And I suppose if I eat less sugar, 5 _____ (have / more energy)—isn't that what they say?

Marco: Yeah. 6 _____ (make / small changes), it's easier to keep going with them. Good luck!

GRAMMAR zero and first conditional

A Read the sentences. Then choose the correct answer.

Zero conditional

If someone sleeps more, his or her brain works better.

if clause

result clause

First conditional

If you start learning a new skill, your brain will work faster.

if clause

result clause

- 1 The zero conditional expresses general facts and scientific truths / real possibilities in the present or future.
- 2 The first conditional expresses general facts and scientific truths / real possibilities in the present or future.

B Circle the verbs in each clause of the sentences in A. Then complete the grammar rules.

Zero conditional

- 1 In the *if* clause, use the _____ tense.
- 2 In the result clause, use the _____ tense.

First conditional

- 3 In the *if* clause, use the _____ tense.
- 4 In the result clause, use _____ + base form of the verb.