

## Healthy habits (Здоровые привычки)

**Read the healthy habits rules and pay attention to the words in bold**

*Прочитай правила здоровых привычек и обрати внимание на выделенные слова*

**If you want to be healthy:**



- you have to exercise every day for at least  $\frac{1}{2}$  hour
- you must keep up a balanced diet
- you must eat healthily – fruit and vegetables
- you have to lose weight
- you have to take short breaks when you feel tired or stressed



- you mustn't drink sugary drinks
- you don't have to stay up late at night
- you mustn't eat too much junk food
- a teenager doesn't have to use mobile phone too much.

**Read the theory p. 56 SB**  
**Прочитай правило p. 56 SB**

• **have to/don't have to**

- We use **have/has to** to express **obligation**. *I have to take my medicine. (The doctor told me.)*
- We use **don't/doesn't have to** to express **lack of obligation**. *You don't have to go to the gym to exercise. (It's not necessary.)*

Affirmative	Negative
I/You <b>have to</b> go. He/She/It <b>has to</b> go.	I/You <b>don't have to</b> go. He/She/It <b>doesn't have to</b> go.
We/You/They <b>have to</b> go.	We/You/They <b>don't have to</b> go.

Interrogative	Short Answers
<b>Do I/you have to go?</b>	<b>Yes</b> , I/you <b>do</b> ./ <b>No</b> , I/you <b>don't</b> .
<b>Does he/she/it have to go?</b>	<b>Yes</b> , he/she/it <b>does</b> ./ <b>No</b> , he/she/it <b>doesn't</b> .
<b>Do we/you/ they have to go?</b>	<b>Yes</b> , we/you/ they <b>do</b> ./ <b>No</b> , we/you/they <b>don't</b> .

• **must/mustn't**

- We use **must** to express **obligation**. *(It's your duty.)*
- We use **mustn't** to express **prohibition**. *(It's against the rules.)*

Affirmative	Negative
I/You/He/She etc <b>must</b> help with chores.	I/You/He/She etc <b>mustn't</b> talk in class.
<ul style="list-style-type: none"> <li>• We use ..... to express <b>obligation</b>. (It's your duty.)</li> <li>• We use ..... to express <b>prohibition</b>. (It's against the rules.)</li> </ul>	

**Complete the dialogue. Select:** *have to has to don't have to doesn't have to*

Дополни диалог, выбрав в местах пропусков модальные глаголы: *have to has to don't have to doesn't have to*

A: I can't play tennis with you today, Andy. I 1) ..... wash my dad's car.

B: Really? Do you 2) ..... help with a lot of chores at home, Andy?

A: Yes, I do! My sister 3) ..... wash the car on Saturdays, but she 4) ..... help my mum with the cleaning. During the week, we 5) ..... do the washing-up. We 6) ..... do anything on Sundays, though! What about you?

B: Oh, I 7) ..... do a lot. I just 8) ..... make my bed and tidy my room. That's all. My little sister is only five, so she 9) ..... do anything!

A: She's lucky!

**Complete with:** *must or mustn't.*

Дополни правила, впечатав в места пропусков модальные глаголы *must* или *mustn't*.

### Health rules

*If you want to be healthy ...*

1 you ..... eat junk food.

2 you ..... drink lots of sugary drinks.

3 you ..... exercise regularly.

4 you ..... eat a variety of healthy food.

5 you ..... sleep 8 hours every night.

### Письменно в тетради

**Use modal verb *have to* with verb in brackets in correct form**

Употреби модальный глагол ***have to*** вместе с глаголами в скобках в правильной форме

1 My brother *has to take* (take) his medicine after dinner.

2 I ..... (not/meet) my friend at the gym. He is sick at home.

3 You ..... (eat) lots of fruit and vegetables when you are ill.

4 Kairat is feeling better; he ..... (not/go) to the doctor.

5 I ..... (cook) dinner today. My mum asked me.