

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 ½ 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 р. 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 have to go. He/She/It has to go.	I/You don't have to go. He/She/It doesn't have to go.
We/You/They have to go.	We/You/They don't have to go.

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

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

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

Употребли 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.