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

LIVEWORKSHEETS

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 **have to** go.	I/You **don't have to** go.
He/She/It **has 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.

- We use ..... to express **obligation**. (It's your duty.)
- We use ..... to express **prohibition**. (It's against the rules.)

LIVEWORKSHEETS

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.

LIVEWORKSHEETS