

ZERO AND FIRST CONDITIONAL WORKSHEET

REMEMBER

ZERO CONDITIONAL

SOMETHING THAT IT'S TRUTH

IF + PRESENT SIMPLE, PRESENT SIMPLE

FIRST CONDITIONAL

SOMETHING THAT IT'S A POSSIBILITY

IF + PRESENT SIMPLE, WILL; CAN; MAY; MUST + VERB

1. COMPLETE THE SENTENCES WITH THE ZERO CONDITIONAL FORM OF THE VERB IN BRACKETS.

1. IF PEOPLE _____ (EAT) TOO MANY SWEETS, THEY _____ (GET) FAT.
2. IF YOU _____ (SMOKE), YOU _____ (GET) YELLOW FINGERS.
3. IF CHILDREN _____ (PLAY) OUTSIDE, THEY _____ (NOT/GET) OVERWEIGHT.
4. IF YOU _____ (HEAT) ICE, IT _____ (MELT).
5. IF I _____ (SPEAK) TO JOHN, HE _____ (GET) ANNOYED.

2. MATCH ALL THE SENTENCES

- | | |
|---------------------------|-----------------------------|
| 1. IF YOU EAT FAST FOOD, | A) SHE WAKES UP EARLY |
| 2. IF YOU STUDY HARD, | B) IT BOILS. |
| 3. WHEN SHE WORKS EARLY, | C) IF IT IS IN THE SUN. |
| 4. I ALWAYS WEAR A JACKET | D) YOU GET GOOD GRADES. |
| 5. HE NEVER BUYS LUNCH | E) IF HE DOESN'T HAVE CASH. |
| 6. WHEN YOU HEAT WATER | F) WHEN IT IS COLD. |
| 7. DOES ICE MELT | G) YOU GAIN WEIGHT. |

3. WRITE ZERO CONDITIONAL SENTENCES, USING THESE WORDS.

1 when / Stan / finish / his homework early / he / play / video games

2 if / I / not have / money / I / stay at home

3 when / it / snow / we / not go / outside

4 I / always / lose / when / I / play chess / with Dan

5 Kyle / wake up / late / if / his alarm / not go / off

4. COMPLETE THE SENTENCES WITH THE FIRST CONDITIONAL FORM OF THE VERB IN BRACKETS.

1 If you buy the puzzle, I _____ (help) you do it.

2 If Grandma _____ (come) for a visit this weekend, we will play cards.

3 I _____ (buy) a new toy dinosaur if Mum gives me the money for one.

4 If they _____ (not get) here soon, we'll leave without them.

5 Gerard will save us a seat at the theatre if we _____ (ask) him to.

6 If they don't clean this pool, I _____ (not swim) here again.

7 I _____ (cook) some pizza if you are hungry later.

8 If Sarah _____ (not do) her homework properly this time, Dad will be really annoyed.

5. UNDERLINE AND CORRECT THE MISTAKES

1	If we will do exercise every day, our life will be better.	
2	If we left water under the sun, it evaporates.	
3	Come on Friday if you will have time.	
4	What do you do if you speak English well?	
5	If it rain, we won't go for a walk.	
6	If I meet foreigners on the street, I says hello to them.	
7	Went to sleep if you are tired.	

6. REWRITE THESE SENTENCES USING THE GIVEN WORDS

- 1 She can't buy this computer because she has no money.
→ *If she has* _____
- 2 We can't go to the party because we don't have a car.
→ *If we have* _____
- 3 You do exercise regularly. You can get fit.
→ *If* _____
- 4 You boil water. It becomes steam.
→ *If* _____
- 5 I can't go home early so I can't have dinner with my parents.
→ *If I go* _____

7. WRITE THE QUESTIONS USING THE GIVEN WORDS. THEN ANSWER.

Food is a store of chemical energy. If you look on the side of food packets you will see the food's energy content. This is usually measured in kilojoules, kJ. If we eat too little food, we will use up our store of fat and become too thin. If we eat too much food, especially foods rich in sugar and fat, we will increase our store of fat and become too fat.

It is important to balance the amount of food we eat with who we are and what we do. The amount of energy we need from our food depends on our age, our height and how much exercise we get.

For example, a one-year old baby needs 3850 kJ each day to continue to grow, whereas an adult Olympic swimmer in training needs 15,600 kJ each day. Someone who sits at a desk all day will need less food than their twin who climbs ladders all day to wash windows.

1 What/ you/ see/ side of food packets/?/

→

2 We/ become/ too thin/ if/ we/ eat/ too little food/?/

→

3 Why/ we/ become fat/?/

→

4 It/ important/ balance the amount of food/ we eat/?/

→

5 How much/ energy/adult Olympic swimmer/ need/ each day/?/

→