Grammar: ability (can, be able to)

Complete the sentences with the correct form.

Scientists say that there are many ways we [1] *can keep* (keep) our brains healthy, so that we [2] can/will be able to have a normal life when we are older.

Learn a new activity

Think of something that you [3] can't/won't be able to do but you would like to learn: another language perhaps, or a musical instrument. Learning something new exercises your brain, so that you [4] can/will be able to deal better with new situations in the future.

Do some exercise

A healthy body means a healthy brain. Doctors say that regular exercise might [5] be able to / can stop the brain getting ill with Alzheimer's, for example. People who don't go walking, running or swimming might have problems in later life because they [6] can't/won't be able to sleep .

PREPARING FOR THE FUTURE

Have fun

Going out with friends and spending time with relatives [7] can/will be able to make you feel more positive about life. As you grow older, you will do different things together, but if you have friends, you [8] can/ will be able to phone someone for a chat at any time of the day.

Listen to the silence

You don't have to be active all of the time, and it is important to find a moment when you [9] can/will be able to relax . Our brains need time to rest, as well as our bodies, so that we don't feel stressed. This also prepares us for the future, when we [10] can't/won't be able to not go out every day.

LIVEWORKSHEETS