Zero Conditional
(Type 0)

always, usually, often, sometimes, never, etc.	
if clause	result clause
Present Simple	Present Simple
If it rains,	I always take an umbrella.
If it doesn't rain,	I usually walk in the park.
If it rains,	I don't walk in the park.
If it doesn't rain,	I don't take an umbrella.

More examples:

We often play outdoors if the weather is good. (play, be)

Ice melts if you heat it. (melt, heat)

Vegetables don't grow if you don't water them. (not / grow, not / water)

I am always sad if she doesn't call. (be, not / call)

She always arrives on time if the bus isn't late. (arrive, not / be)

Complete the Type 0 conditional sentences with the correct form of the verbs.

1. Food _____ better if you _____ salt. (taste, add)
2. Babies _____ if they _____ hungry. (cry, be)
3. If you _____ water, it _____ into ice. (freeze, turn)
4. I _____ tired if I only _____ four hours. (not / get, work)
5. If she _____ the food, she _____ it. (not / like, not / eat).
6. We always _____ if we _____ tired. (cook, not / be)