

MODAL VERBS – EXTRA PRACTICE (1)

Reading and Use of English Part 6

You are going to read a magazine article about schools. Six sentences have been removed from the article. Choose from the sentences **A–G** the one which fits each gap (1–6). There is one extra sentence which you do not need to use.

Find your energy again

Even the best designed of today's schools and colleges represent artificial environments where it can be difficult to stay positive and bursting with energy. Complaints about feeling tired or ill or having no energy are commonplace.

Students and teachers often say that health problems are the inevitable consequences of being in a school all day long. **1** While there may be little you can do about the noise or the behaviour of those around you, you don't have to feel unwell. There is plenty you can do to restore those energy levels and feelings of well-being.

The first thing you must address is tiredness. If at the weekend you stay up late with your friends, going to parties or playing games online, and then sleep all the following morning, you can't expect your body to adjust on a Monday morning to a completely different routine. **2** For most of us, however, it's a very bad idea.

Our diets are another way we mistreat ourselves. Many teachers, and even some children, say they don't have breakfast – but you really should eat something, however small, before you leave home. And if you don't eat a proper lunch, or worse, you skip it altogether because you're busy, you will get to the evening and suddenly realise how hungry you are. **3** The sooner you do, the better because nothing is more important than eating and drinking regularly.

You should also take exercise regularly in the evenings. **4** Recent American research has established that frequent, vigorous exercise is a good way of improving your mood and that the effects last far longer than the session itself. It has to be vigorous, though – walking or tennis have to be kept up for at least an hour to have a positive effect.

All the advice on exercise says you should choose something you like doing. **5** If you don't want to fall into the same trap, you need to keep reminding yourself of the advantages. You should also spend as much time as possible in daylight – advice which is often ignored. We now know that lack of sunlight can cause depression. Time spent out of doors, even if it's only a few minutes, is never wasted.

You may be bothered by some of your friends' or classmates' negative attitudes towards staying healthy. Take a few moments to think about how they affect your own state of mind. **6** You are much more likely to enjoy your free time if you leave school feeling positive and it's the same for your friends. Take steps to make sure school is a place where you look forward to going. You will spend many hours of your life there!

- A** Most people start off with good intentions but soon lose interest.
- B** This is, of course, a disastrous way for anyone to run their life and you need to realise that.
- C** Always remember that you don't need to behave in the same way.
- D** That solution to the problem may not work for everyone.
- E** However, this is not the case.
- F** This will help you to get to sleep later that night and wake up refreshed.
- G** Some people seem to be able to keep this up without any negative effects on their health.



Exam tip

If you think two sentences fit in a gap, leave it and continue with the other questions. Then go back and fill in the ones you are unsure about.

Grammar focus task

Look at these sentences and find expressions in the text (including sentences A–G) which mean the same.

- 1 It is not necessary for you to feel ill.

You don't have to feel unwell.

- 2 It is essential first of all for you to deal with tiredness.

- 3 It is important that you exercise regularly after school.

- 4 It is essential that the exercise you take is vigorous.

- 5 It is essential to walk or play tennis for at least an hour.

- 6 It is important that you do a form of exercise that you enjoy.

- 7 It is necessary that you don't forget the positive things.

- 8 It is not necessary for you to behave like them.
