

FIRST VS SECOND CONDITIONAL

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FIRST CONDITIONAL

Present or future POSSIBLE situations.

if clause (condition)	comma	main clause (result)
If a condition exists	,	the result will be true.

present
future / imperative / modal verb

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→ If you **study**, you **will pass** the exam.

→ If he **doesn't call**, you **should tell** me immediately.

→ If your room **is** tidy, you **can leave**.

SECOND CONDITIONAL

Present or future UNREAL situations.

if clause (condition)	comma	main clause (result)
If a condition existed	,	the result would be true.

past
would/could/might + infinitive

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→ If I **won** the lottery, I **would buy** a yacht.

→ If I **had** a better salary, I **could travel** more.

→ If I **were** you, I **might wait** before making a decision.

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FIRST v. SECOND CONDITIONAL

If John **runs** fast, he **will** win the race.

This is still possible to happen.

If John **ran** fast, he **would** win the race.

This is unlikely to happen because John doesn't run fast.

THE DIFFERENCE: FIRST and SECOND CONDITIONAL

Both conditionals refer to the **present** and **future**.

The difference is about **probability**, **not time**.

First conditional: real and possible situations

Second conditional: unlikely to happen

First conditional:

- If you _____ your medication regularly, your symptoms _____. *take, improve*
- If your blood pressure _____ high, your doctor _____ a stronger medication. *be, prescribe*
- If you _____ regularly, your cardiovascular health _____. *exercise, improve*
- If you _____ sunscreen before going out in the sun, you _____ your risk of sunburn. *apply, reduce*

Second conditional:

- If you _____ your medication regularly, your symptoms _____. *take, improve*
- If your blood pressure _____ high, your doctor _____ lifestyle changes before prescribing medication. *be, suggest*
- If you _____ regularly, your cardiovascular health _____ over time. *exercise, improve*
- If you _____ sunscreen before going out in the sun, you _____ sunburned. *apply, get*

Choose the correct alternative:

- If you (have, had) a fever, you should see a doctor for a diagnosis.
- If you (eat, ate) too much fatty food, you might experience digestive issues.
- If you (start, started) experiencing chest pain, you should seek immediate medical attention.
- If you (forget, forgot) to take your allergy medication, you would experience allergy symptoms.
- If you (exercise, exercised) regularly, your risk of developing heart disease would decrease.