

SOLVE AND PRACTICE THE CONVERSATION

Read the conversation. Fill in the blanks with modals.

Van wants to be healthier. He is talking with a personal trainer about exercise and healthy habits.

Trainer: You must / have to (very strong) do two things, Van. First, you _____ (very strong) eat a balanced diet. Second, you _____ (very strong) exercise every day.

Van: OK, I understand. I _____ (strong) stop eating lots of sugar...

Trainer: No, Van. Not _____ (strong). _____ (very strong). You must stop eating lots of sugar. Your body needs a balanced diet to be healthy.

Van: And what about exercise?

Trainer: You should do exercise that you enjoy. You _____ (very strong) keep trying activities until you find one that you like. For example, you _____ (gentle) try cycling.

Van: I like running.

Trainer: Good. You _____ (strong) drink plenty of water before and after you run.