Modal verbs

1 ☆ **Choose the correct form of the modal verbs.**

1 Drinking more water **can give/can to give** you more energy.
2 You **can't get/don't can get** all the nutrients you need from fast food.
3 You **are must eat/must eat** fruit and vegetables to stay healthy.
4 You **mustn't have/mustn't to have** too many sugary snacks.
5 It's important to do exercise, but you **hadn't to/don't have to** do it every day.
6 My brother **could swim/can swim** when he was five.
7 Luckily, I **able to finish/was able to finish** the race.
8 Yesterday, I **don't have to/didn't have to** do any homework.

2 ☆☆ **Choose the correct words to complete the surprising health facts.**

Six surprising health facts

1 Eating a small amount of sugar _____ give you energy. But it isn't good to eat too much.
a must **b** doesn't have to **c** can

2 You _____ move around to stay healthy. It's important to study, but people who take breaks to move around don't get ill as much.
a don't have to **b** can **c** must

3 Listening to music helps some people to concentrate better. In one study, people who were listening to music while they revised _____ concentrate better and learn more than those who weren't. But it doesn't work for everyone!
a were able to **b** can **c** could

4 Your body _____ get all the nutrients from food quickly. It takes hours for your digestive system to work properly after each meal.
a has to **b** can't **c** mustn't

5 Writing things by hand improves your memory. In the past, people _____ write most things by hand, but now we rely on phones and computers.
a have to **b** must **c** had to

6 Your eye muscles are the most active muscles in your body. They _____ move more than 100,000 times a day!
a had to **b** have to **c** can't

3 ☆☆ **Complete what the people say about health with the modal verbs in the box. There is one modal verb you don't need.**

~~can't~~	couldn't	don't have to	had to
must	mustn't	were able to	

You **1** *can't* get fit by playing computer games! You need to do some exercise!

Running a 5 km race is a great idea, but you **2** _____ spend enough time training, so you don't do too much and hurt yourself.

You shouldn't make people do particular kinds of exercise. I **3** _____ go swimming at my last school and I hated it!

You **4** _____ forget about your health during school holidays. It's important to keep active and eat the right foods.

You **5** _____ join a sports club to get fit. Simply walking or biking to school will improve your health a lot.

Don't give up if you aren't very good at a sport. I **6** _____ play tennis at all when I was younger, but I started practising and now I'm starting to win matches!

4 ☆☆☆ **Complete the sentences with the correct modal verbs and the verbs in brackets.**

1 You need good food. Your body *can't work* **(work)** well without it.
2 It's a good idea to eat fewer sugary snacks, but you _____ **(give up)** eating chocolate completely.
3 It's important to rest when you're tired, and you _____ **(do)** exercise when you have an injury.
4 I couldn't meet my friends on Saturday because I _____ **(stay)** at home and help my parents.
5 Luckily, I felt much better last night, so I _____ **(finish)** my homework on time.
6 We got free tickets for the show, so we _____ **(pay)** anything!

5 ☆☆☆ **Your friend wants to be healthier and asks for your advice. Give some advice and talk about some of the things you did last week to be healthy. Use modal verbs.**

1 You mustn't _____.
2 Yesterday, I had to _____.
3 Last week, I wasn't able to _____.

LIVEWORKSHEETS