

First Conditional – Future Clauses – Practice

Complete the sentences with the present simple and *will* + infinitive.

- 1 If you imagine (imagine) eating a certain food, you 'll lose (lose) interest in it.
- 2 Unless you (cut out) poor food choices, you (increase) the risk of heart disease.
- 3 Jade (feel) less tired when she (cut down) on computer time in the evenings.
- 4 If you (not overcook) the vegetables, they (have) more flavour.
- 5 I (join) the running club as soon as I (get) my new shoes.
- 6 Before Tina (go on) a diet, she (have) to change her lifestyle a bit.

Match the two parts of the sentences.

- 1 You'll feel proud of yourself
- 2 Tom will complain to the manager of the restaurant
- 3 I'll make something healthy for us to eat
- 4 I won't order anything
- 5 You'll start to feel less stressed
- 6 You won't feel healthier

- a before you arrive at the restaurant.
- b until you start doing some exercise.
- c if you learn some relaxation techniques.
- d if the service continues to be so bad.
- e ~~as soon as you manage to change your eating habits.~~
- f when I get home from work.

Circle the correct option.

- 1 If / Before you add too much salt, the food won't taste very nice.
- 2 If it won't be / isn't too expensive, I'll order the fresh fish at the restaurant this evening.
- 3 Until / Unless you have other plans, I'll meet you in the staff restaurant for lunch.
- 4 It will take some time as soon as / before you see results from this type of diet.
- 5 Unless you don't reduce / reduce your salt intake, you'll risk high blood pressure.
- 6 We aren't really hungry, so we won't eat unless / if we can order just a starter.
- 7 Until you'll cut down / you cut down on the heavy meals at night, you'll have sleeping problems.