A. Listen and repeat.

Zero Conditional

The zero conditional is used to make statements about the real world, and often refers to general truths, such as scientific facts.

If you freeze water, it becomes a solid.
If clause (Condition)   **Main cause (Result)**

The zero conditional is also often used to give instructions, using the imperative in the main clause.

If you want to come too, call me before 4:00 PM.

B. Look and write.

If + simple present   If I watch too much TV,

Simple present   my head hurts.