8 Our favourite food



First conditional

We use the first conditional to talk about things that will happen in the future. We use it when one action depends on another action.

If we buy these biscuits, we'll have something to take to his party this afternoon.

A first conditional sentence has two parts (called clauses). We use a present tense verb in the **if**-clause and **will** or **won't** + base form in the **will/won't**-clause.

if-clause	**will/won't**-clause
If we buy some biscuits,	*we'll have something to take to his party this afternoon.*

We can also put the **will/won't**-clause first.

will/won't-clause	**if**-clause
We'll have time to make a cake	*if we go home now.*

When the **if**-clause is first, we add a comma. When the **will/won't**-clause is first, we don't add a comma.

If we go home now, we'll have time to make a cake.
We'll have time to make a cake if we go home now.

1 Underline the if-clauses.

Healthy children eat healthy food

If you eat healthy food, you will be strong and have lots of energy. Healthy food doesn't have much sugar, salt or fat and it isn't made with additives. If you eat well, you won't get ill very often and if you have lots of fruit and vegetables every day, you'll get all the vitamins you need to grow. But you'll get tired easily if you eat too much junk food, and if you're tired, you won't do as well at school.

LIVEWORKSHEETS

2 Match 1–6 with a–f.

1	f	If you eat healthy food,	a you won't learn quickly.
2	____	If you go to bed late,	b you won't get up early.
3	____	If you break a leg,	c you won't have to go to school!
4	____	If you don't eat too much sugar,	d you'll have to play a lot of football.
5	____	If you want to be a good footballer,	e your teeth will stay healthy.
6	____	If you don't listen to your teacher,	f you'll have lots of energy.

3 Circle the correct answer.

1 They'll go by train if the car **isn't working** / **won't be working**.
2 If you don't go to the cinema, you **won't** / **don't** see the film.
3 If you add too much salt, the food **will taste** / **is tasting** bad.
4 If my sister wants to, **we** / **we'll** go to the park.
5 The holiday will be great if **the weather will be** / **the weather's good**.
6 If Tony doesn't play for the team, **he'll be** / **he's being** unhappy.
7 We won't go shopping if you **won't** / **don't** want to.
8 We'll go outside if **it isn't** / **it won't be** raining.

4 Complete the first conditional sentences. Use words in the box.

play football | work in the garden | eat ice cream | build a tree house | go running | go swimming

If it's sunny at the weekend, ...

1 Ryan will go swimming.
2 Martin _____
3 Beth and Maddy _____
4 Tommy _____
5 Mr Casey _____
6 Mrs Casey _____

If it rains at the weekend, ...

7 Ryan won't go swimming.
8 Martin _____
9 Beth and Maddy _____
10 Tommy _____
11 Mr Casey _____
12 Mrs Casey _____













LIVEWORKSHEETS

5 Complete the first conditional sentences. Use the verbs in brackets.

1 If we help (help) Mum make the cake, she 'll be (be) happy.
2 Gemma _____ (buy) an apple if she _____ (go) shopping.
3 If you _____ (add) lots of sugar, the cake _____ (be) unhealthy.
4 The cake _____ (taste) good if you _____ (use) enough fruit.
5 If you _____ (buy) ready-made cakes, there _____ (be) lots of additives.
6 If you _____ (add) enough salt, the bread _____ (taste) good.
7 Plants _____ (grow) quickly if there _____ (be) lots of rain.
8 Children _____ (be) healthy if they _____ (eat) enough vegetables and fruit.

6 Look at exercise 4. Write sentences. Make both clauses negative.

1 If we don't help Mum make the cake, she won't be happy.
2 _____
3 _____
4 _____
5 _____
6 _____
7 _____
8 _____

7 Write the words in the correct order to make first conditional sentences.

1 you / not do your homework / if / you / not learn quickly
If _____
2 Sidney / he / play football every day / be a better player / if
Sidney _____
3 have more energy / you / if / eat healthy food / you
If _____
4 buy a new MP3 player / if / save her pocket money / she / Polly
If _____
5 if / she / go to London for a week / learn some English words / Sally
Sally _____
6 your brother / if / you / do your homework for you / not get good test results
You _____

LIVEWORKSHEETS

10 **Write the words in the correct order to make questions with be going to.**

1 are / you / to / what / do / going
What are you going to do?

2 tonight / are / you / play / going / football / to
_____

3 to them / are / going / speak / to / you
_____

4 why / going / you / aren't / buy / to / that CD
_____

5 the insect house / visit / we / to / going / are
_____

6 going / meet / where / we / are / to
_____

7 are / when / see / they / to / going / the play
_____

8 Seb / buy / a new bicycle / is / to / going
_____

11 **Read the statements and write sentences. Use be going to and words from the box.**

buy some balloons paint a picture go to the cinema ~~be a footballer~~
visit the reptile house study languages cycle in France

1 My son is really good at football.
My son 's going to be a footballer.

2 They've decided to go on an eco holiday.
They _____

3 Sidney and Alison are interested in snakes.
Sidney and Alison _____

4 Polly really likes learning English and French.
Polly _____

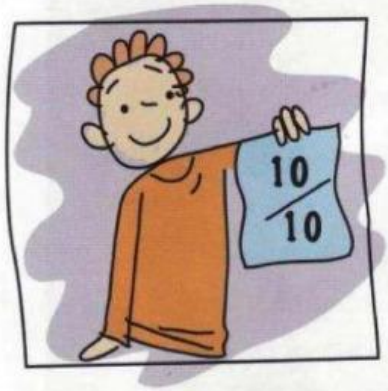
5 We've decided to decorate the room for the party.
We _____

6 My cousin wants to watch a film.
She _____

7 Penny's bought some paints.
She _____

LIVEWORKSHEETS

8 **Look at the chart. Complete the first conditional sentences.**



My plans

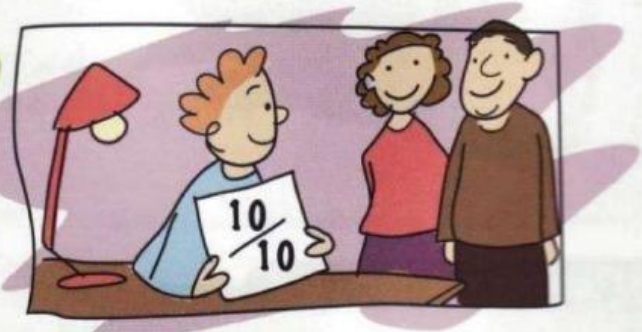
help with housework

1 have some pocket money



2 go to the cinema	not go to the cinema
3 not have time to do his homework	6 have time to do his homework
4 get a bad mark in the test	7 get a good mark in the test
5 Mum and Dad will be unhappy	8 Mum and Dad will be happy





1 If Theo helps with the housework, he'll have some pocket money.

2 If Theo has some pocket money, he'll go to the cinema.

3 If Theo goes to the cinema, _____

4 If Theo doesn't have time to do his homework, _____

5 If Theo gets a bad mark in the test, _____

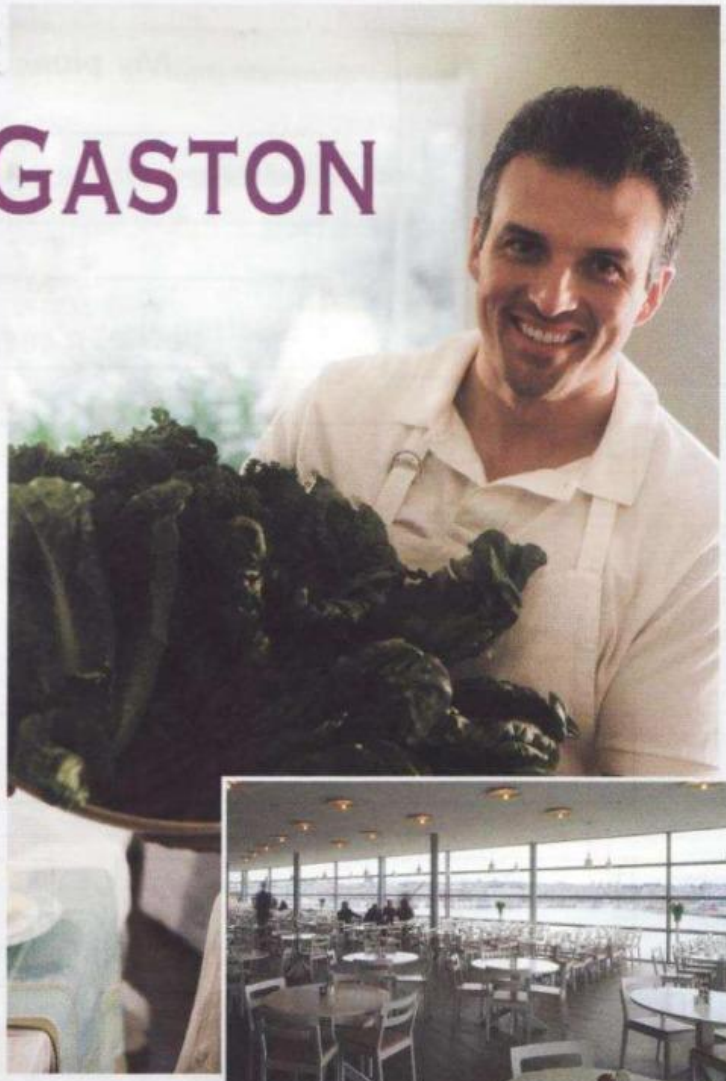
6 If Theo doesn't go to the cinema, _____

7 If Theo has time to do his homework, _____

8 If Theo gets a good mark in the test, _____

LIVEWORKSHEETS

An interview with TV chef
ANTON LE GASTON



Q: Anton, you travel all over the world for your TV programme. Where are you going next?

A: Next week I'm going to England and then to the USA and Canada.

Q: That's a lot of travel. What **will you do if you get** tired?

A: Oh, I'll make my TV show as usual. A chef has to work hard every day!

Q: What about ingredients? **If you go shopping** in supermarkets, **will you find** what you need?

A: No, I won't. Next week in London, I'll try to buy lots of fresh, healthy food if I can find some farmers. I know one farmer who grows the best asparagus in the country!



First conditional questions

We usually make questions in the first conditional by changing the **will/won't**-clause. The **if**-clause stays the same.

if-clause	**will/won't**-clause
If you go shopping in supermarkets,	*will you find what you need?*

We can also put the **will/won't**-clause first.

will/won't-clause	**if**-clause	Short answers
Will you go to sleep	*if you get tired?*	***Yes, I will. / No, I won't.***

We don't use contractions in questions or affirmative short answers.

LIVEWORKSHEETS

9 Write first conditional questions. Use the words in the same order.

1 Mr Thompson / leave the school / if / he / get a new job
Will Mr Thompson leave the school if he gets a new job?

2 if / it rain / we / go to the park
_____

3 they / go / to the cinema / if / they / not have homework
_____

4 if / I eat / enough vitamins / I become healthier
_____

5 if / it not be sunny / this weekend / they go to the beach
_____

6 where / you go / if / the weather be good
_____

7 what / you do / if / you get up early
_____

8 how / Dad get to work / if / the car not be working
_____

10 Complete the first conditional questions. Write short answers.

1 Martin / go to the library / buy a book ✗
If Martin goes to the library, will he buy a book? No, he won't.

2 Beth / go shopping / buy some DVDs ✓
Will Beth buy some DVDs if she goes shopping? Yes, she will.

3 Julia / go to the party / have a good time ✗
If _____

4 it rain / Tommy and Martin / go to football practice ✗
If _____

5 Tommy / go to football practice / see a film ✗
Will _____

6 Maddy / eat healthy food / be healthy and strong ✓
If _____

7 Dad / watch a film / fall asleep ✗
Will _____

8 Mum and Dad / buy us presents / we be good ✓
Will _____

LIVEWORKSHEETS