

LANGUAGE IN ACTION

should, shouldn't and ought to

- 1 Look at the photos. Complete the sentences with *should* or *shouldn't* and the correct verb.



- 1 You should eat enough fruit.
- 2 You _____ too much coffee.
- 3 You _____ too much chocolate.
- 4 You _____ enough fish.
- 5 You _____ too many sweet drinks.
- 6 You _____ enough vegetables.

- 2 Complete the sentences with *should*, *shouldn't* or *ought*.

- 1 If you're always late for class, you should get up earlier.
- 2 People who can't get up _____ go to bed so late.
- 3 Ilona can't relax. I think she _____ to do yoga.
- 4 Our teacher said we _____ to eat our lunch outside because it's hot today.
- 5 You _____ give chocolate to dogs – it's bad for them.
- 6 We _____ eat more tofu because it's full of protein.

- 3 Underline and correct one mistake in each sentence.

- 1 You don't look well; perhaps you shouldn't see a doctor. should
- 2 Our fridge is empty so we ought go to the shops. _____
- 3 You should worry so much about your exams. _____
- 4 What should I to do to get fitter? _____
- 5 He oughts to eat more protein. _____
- 6 You shouldn't to eat unhealthy food if you want to live to be 100. _____

- 4 Complete the web article with the phrases in the box.

ought to check ought to know
ought to start should drink should be
should take shouldn't carry
shouldn't spend

Top tips for a road trip – by bike!

Planning a road trip by bike? Here's what you ¹ ought to know to stay fit and healthy!

Your bike ² _____ light enough because if it's too heavy, cycling becomes difficult in hot weather. But you ³ _____ that it's big enough for you – a bike that's too small soon gets uncomfortable.

You ⁴ _____ too many things with you. Too many bags slow you down, so you ⁵ _____ two small bags, maximum. You ⁶ _____ lots of water, so take a one-litre water bottle.

You ⁷ _____ too much money on maps: paper maps are heavy. Download maps onto your smartphone before you leave home. And finally, you ⁸ _____ early in the day – before it gets too hot!



- 5 Choose one of the topics in the box and write three pieces of advice. Use *should* / *ought to* and *shouldn't*.

eating more healthily
preparing for an exam
writing an essay

- 1 _____
- 2 _____
- 3 _____