

Unit 10 Lifestyles

Lesson A: Modals (*could, should, must*); *have to*

A Read the sentences. Label each one *suggestion, advice, or obligation*.

1. Your phone bill is very expensive! You have to use it less often. obligation
2. You should walk to work. You need to exercise. _____
3. You could try talking to your sister about the problem. _____
4. You must be in class at 8 a.m. _____
5. You ought to leave now or you'll be late. _____

B Fill in the blanks with the correct modal. Use the cues.

1. You must / have to (very strong) use sunscreen at the beach.
2. You _____ (gentle) go to bed early to get eight hours sleep.
3. My brother _____ (strong) drink less coffee.
4. You _____ (gentle) eat salad for lunch.
5. You _____ (strong) drink lots of water after cycling.

C Write advice. Use modals and the cues in parentheses.

1. Tell your friend to stop at the red light. You must stop at the red light (very strong).
2. Tell a classmate to study more often. _____ (strong).
3. Tell your sister to eat a balanced diet. _____ (strong).
4. Tell a friend to try cycling with you. _____ (gentle).
5. Tell your roommate to pay the bills this month. _____ (very strong).

D Read the conversation. Fill in the blanks with modals.

Van wants to be healthier. He is talking with a personal trainer about exercise and healthy habits.

Trainer: You must / have to (very strong) do two things, Van. First, you _____ (very strong) eat a balanced diet. Second, you _____ (very strong) exercise every day.

Van: OK, I understand. I _____ (strong) stop eating lots of sugar...

Trainer: No, Van. Not _____ (strong). _____ (very strong). You must stop eating lots of sugar. Your body needs a balanced diet to be healthy.

Van: And what about exercise?

Trainer: You should do exercise that you enjoy. You _____ (very strong) keep trying activities until you find one that you like. For example, you _____ (gentle) try cycling.

Van: I like running.

Trainer: Good. You _____ (strong) drink plenty of water before and after you run.