

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.
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 (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 (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.