



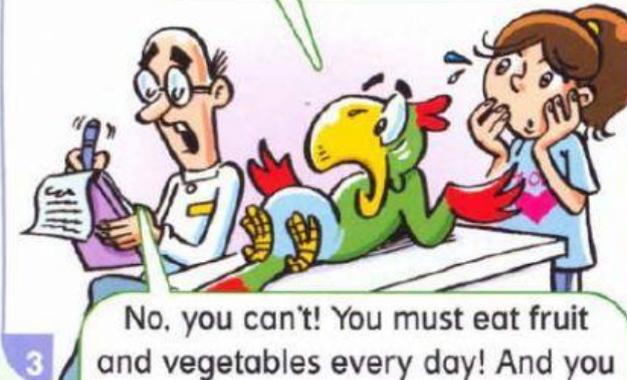
Corky is very fat! He must lose weight! He mustn't eat chocolate!



You mustn't eat sweets! You must exercise every day!



Can I eat ice cream?



No, you can't! You must eat fruit and vegetables every day! And you can't have sweet drinks, but you can sometimes have milk.



Can I get a new vet? Please?

Positive

I / You / We	must	eat fruit and vegetables.
He / She / It	can	have milk.

Negative

I / You / We	mustn't	eat chocolate.
He / She / It	can't	have sweet drinks.

Questions

Can	I / you / we / he / she / it	eat chocolate?
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- Use *must* when it is necessary and important to do something:
*You **must** exercise every day!* = *Exercise every day!*
- Use *mustn't* when it is important NOT to do something:
*You **mustn't** eat sweets!* = *Don't eat sweets!*
- Use *can* to ask for and give permission. Use *can't* to say No.
***Can** I eat ice cream? No, you **can't**.*
*You **can't** have fizzy drinks.*



3 Read and write sentences with *must*, *mustn't* and *can*.

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DOCTOR'S LIST		
Every day!	Sometimes	Never!
fruit	fruit juice	chocolate
vegetables	milk	sweets
water	cake	fizzy drinks

- 1 fruit Corky *must eat fruit every day.*
- 2 fruit juice Corky *can sometimes drink fruit juice.*
- 3 chocolate Corky *mustn't eat chocolate.*
- 4 milk Corky
- 5 sweets Corky
- 6 vegetables Corky
- 7 cake Corky
- 8 fizzy drinks Corky
- 9 water Corky

4 Read and complete with *must*, *mustn't*, *can* and the verb in brackets.

- 1 Mum: Get ready, Brian. We're going to the National Gallery.
Brian: Mum, ¹ *can I take* (take) my camera?
Mum: Yes, you ² *can*, but you ³
(take) photos in the gallery.
- 2 Corky: ⁴ I (watch) TV?
Zoe: No, you ⁵, Corky. You ⁶
(exercise) now.
Corky: ⁷ we (go) to the park, then?
Zoe: Good idea.
- 3 Dave: I'm going to the library.
Suzie: ⁸ I (come) with you?
Dave: Yes, you ⁹, Suzie, but you ¹⁰
(be) very quiet.

5 Choose and complete with **must**, **mustn't**, **can** and a verb from the box.

have eat (x 2) sit go sleep play drink exercise

RULES FOR GOOD HEALTH by Zoe Baker

We ¹ **must have** a good breakfast every morning. We ² fruit and vegetables and we ³ eight glasses of water every day. We ⁴ sometimes sweets and chocolate but not very often.

We ⁵ on a chair all day – we ⁶ We ⁷ a sport, walk or ride our bikes. We ⁸ to bed late. We ⁹ for eight hours every night.

Zoe

6 Complete with one or two words.

Hi Brian!

I'm staying with my grandmother for a few days. I love staying here because I

¹ **can** usually do things I can't do at home! For example, at home I

² go to bed before half past nine. At Granny's I ³ go to bed at eleven!

She has her rules, though: I ⁴ eat all my vegetables, I ⁵ wear my shoes in the house and I ⁶ play loud music (it's OK – I've got my i-pod).

I ⁷ play computer games, though!

At home I ⁸ only play computer games at the weekend.

Sam

7 Write.

You are staying with your grandparents. Write an e-mail to a friend about the rules in their house. Use Sam's e-mail in Exercise 6 and the ideas below.

go to bed / eat (favourite food) / play computer games / tidy your room
watch TV / go out with your friends / listen to music

Dear

I'm staying with my for a few days. I

staying here because usually do things I do at home. For example,

They have their rules, though.

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