

"You **should** eat 5 fruits and vegetables every day."

It's a good / bad idea to do this

"You **can** eat more when you are young."

You have / don't have the ability or permission

"You **shouldn't** drink alcohol every day."

It's a good / bad idea to do this

"You **must** remember to drink water"

This is an order / prohibited

"You **don't have to** eat healthy food every meal."

This is an order / You can choose

"You **mustn't** eat snacks all the time."

This is an order / prohibited

"You **have to** exercise regularly to protect your health".

This is an order / you can choose

"You **can't** stop eating completely. It's dangerous."

You have / don't have the ability or permission