

Read the notes and complete the activities below:

MODAL	EXAMPLES	USES
CAN	He can find any street in London. You can take a taxi. Can you take me to Victoria Station?	<i>Ability</i> <i>Suggestion</i> <i>Request</i>
BE ABLE TO	He is able to find any street in London.	<i>Ability</i>
CAN'T	That story can't be true.	<i>Certainty that something is impossible</i>
COULD	I could play tennis when I was younger. Could you take me to Victoria Station? You could take a taxi.	<i>Ability</i> <i>Request</i> <i>Suggestion</i>
MAY	It may be quicker to travel by train. May I come in?	<i>Possibility</i> <i>Formal request/ Permission</i>
MIGHT	It might be quicker to travel by train.	<i>Possibility</i>
MUST	You must be back at 10 o'clock. Look at the snow. It must be cold outside.	<i>Obligation</i> <i>Certainty that something is true.</i>
HAVE TO	You have to be back at 10 o'clock.	<i>Obligation</i>
NEED TO	You need to study a lot.	<i>Obligation.</i>
NEEDN'T	You needn't have a university degree.	<i>Lack of obligation.</i>
MUSN'T	You mustn't drive without a license.	<i>Prohibition</i>
DON'T HAVE TO	You don't have to call a taxi.	<i>Lack of obligation</i>
SHOULD	You should drive more carefully.	<i>Opinion/Advice</i>
OUGHT TO	You ought to drive more carefully.	<i>Opinion/Advice</i>

A- Choose the correct modal verb in the sentences below:

1. Diabetes is a disease in which the body **mustn't/ cannot** control the level of sugar in the blood.
2. You **should / would** walk or cycle instead of travelling by car or bus.
3. If people change to a healthier lifestyle, we **may / can** be able to stop the rise in diabetes one day.
4. You **don't have to / mustn't** forget to check your blood sugar regularly.
5. I almost passed out yesterday - I **shouldn't have eaten / may have eaten** the cake!
6. She was not feeling well yesterday - she **had to go/ must** go home.
7. The problem **may have been / mustn't be** caused by hypoglycaemia.
8. You were sick? That **must have been/ should have been** terrible for you at this busy time of the year!

B- Healthy Diet

Complete with: **SHOULD (3) - SHOULDN'T - CAN - OUGHT TO (2) - MIGHT**

A healthy diet is the one which involves consuming appropriate amounts of all essential nutrients and an adequate amount of water. We _____ drink a lot of water to help our digestion system. And only if we consume vegetables and fruits regularly we _____ be healthy. Consumption of cereals and pulses is crucial for a healthy diet too, so we _____ eat them. In addition to these factors, we _____ do sports every day at least twenty minutes.

We've talked about what _____ do but haven't talked about the things we _____ do.

In order to lose weight in a healthy way we _____ consume enough of all necessary nutrients. Otherwise, we feel weak during the day and _____ suffer from headaches.