

GRAMMAR

modals for rules and advice

1 A Choose the correct words to complete the tips.

Six tips for how to live a happier life

- 1 You **should** / **don't have to** / **mustn't** try to spend some time enjoying nature each day. It reduces stress.
- 2 Make sure you get enough exercise. You **mustn't** / **need to** / **don't need to** run a marathon, but a small amount of exercise will make you feel better.
- 3 Spend time with friends and family. You **must** / **mustn't** / **need to** spend too much time alone. People who have good social relationships live longer.
- 4 You **should** / **mustn't** / **needn't** get enough sleep. Most people **don't need to** / **need to** / **shouldn't** sleep for between six and eight hours.
- 5 Learn something new. Your brain needs to be challenged. You **have to** / **must** / **don't have to** be really talented, but learning a new skill can be fun.
- 6 You **have to** / **shouldn't** / **mustn't** laugh as much as possible. Humour can help you get you through difficult times.

B Work in pairs. Look at the advice in Ex 1A. Which things are important to do every day?

VOCABULARY

2 A Complete the sentences with the words/phrases in the box.

bad loser carry on giving up strict working hard

- 1 At the moment, I'm to try and build up my new business.
- 2 I think I'd like to with my studies.
- 3 I try to be very about not working too much.
- 4 I get very angry when I don't win. I'm a
- 5 I'm thinking about my job. I don't enjoy it.

B Change two of the sentences in Ex 4A so that they are true for you.

GRAMMAR

3 Choose the correct word or phrase to complete the sentences.

- 1 What are you **laugh about** / **about laughing** / **laughing about**?
- 2 Who **said** / **saying** / **did say** that we had to stay here until 5 p.m.?
- 3 What **you are** / **are** / **are you** doing tomorrow?
- 4 What kind of music shall we **listen** / **to listen** / **listen to**?
- 5 Who **wants you to** / **you want to** / **do you want** to invite to your birthday dinner?
- 6 Who **drank** / **drink** / **drinking** my water?

4 Complete the news story with the words in the box. You do not need two of the words.

competitive fans gave up goalkeeper leadership match referees scored

The town football team were celebrating yesterday after winning their first in fourteen games. They two goals in the first half and one in the second for a 3:0 result. Vinnie Thompson was the player of the match. The Luke Wells played very well too, stopping two goals near the end of the game. had been unhappy at the team's failure to win a game in recent weeks, but were very happy with the result yesterday. The team's owner said that the change in at the club had helped to improve the players' performance. The new manager said he was proud of the team and the way they were from start to finish.

