

Liveworksheets – Zero & First Conditionals

Topic: Physical Fitness

Form: 3

Grammar Focus: Zero & First Conditionals

Part A: Choose the Correct Answer

1. If people exercise regularly, they _____ healthier. a) become b) will become
2. If you drink enough water, you _____ less tired after exercising. a) feel b) will feel
3. If Ali exercises every evening, he _____ stronger next month. a) becomes b) will become
4. If students warm up before sports, they _____ injuries. a) avoid b) will avoid
5. If we train hard for Sports Day, we _____ our performance. a) improve b) will improve
6. If Sarah sleeps early tonight, she _____ energetic tomorrow. a) feels b) will feel
7. If people eat healthy food, they _____ more energy. a) have b) will have
8. If you continue exercising, you _____ fitter in the future. a) become b) will become

Part B: Zero or First Conditional?

1. If I exercise every day, I _____ stronger. a) become b) will become
2. If people exercise regularly, they _____ healthy. a) stay b) will stay
3. If she drinks enough water, she _____ energetic tomorrow. a) feels b) will feel
4. If students get enough sleep, they _____ better in class. a) concentrate b) will concentrate
5. If we don't exercise, we _____ unhealthy. a) become b) will become
6. If I join the school football team, I _____ more friends. a) make b) will make

Part C: Fill in the Blanks

1. If people _____ (exercise) regularly, they _____ (stay) healthy.
2. If students _____ (drink) enough water, they _____ (feel) energetic.
3. If you _____ (eat) healthy food, you _____ (have) more energy.
4. If we _____ (sleep) early, we _____ (wake up) refreshed.
5. If I _____ (exercise) every day, I _____ (lose) weight.
6. If Sarah _____ (join) the badminton club, she _____ (improve) her skills.
7. If they _____ (train) hard, they _____ (win) the match.
8. If we _____ (walk) every evening, we _____ (be) healthier.

Part D: Write Zero or First Conditional

1. If people exercise regularly, they stay healthy.
2. If I exercise every morning, I will become fitter.
3. If students drink enough water, they feel energetic.
4. If we eat more vegetables, we will feel better.
5. If you warm up properly, you avoid injuries.
6. If she joins the sports club, she will make new friends.

Part E: Unscramble

1. stay / exercise / regularly / people / if / healthy / they
2. if / I / will / every day / exercise / stronger / become / I
3. enough water / students / if / drink / they / energetic / feel
4. if / eat / healthier / vegetables / more / we / will / become / we

Part F: Complete the Sentences

1. If I exercise every day, _____.
2. If people eat healthy food, _____.
3. If I don't sleep early, _____.
4. If students drink enough water, _____.
5. If my family goes hiking this weekend, _____.