UNIT 6

MODALS: OBLIGATION, NECESSITY AND ADVICE (1)

1 **Complete the dialogue with the correct forms of *have to* or *don't have to*.**

Emma: Hey, Liam, you look really tired.
Liam: Yeah, I stayed up late studying for my exams again.
Emma: You really (1) _____ get more rest. Sleeping only four hours isn't healthy.
Liam: I know. My little brother is sick too, so nobody slept well last night.
Emma: Oh no. (2) _____ he _____ stay at home today?
Liam: Yes, he does. He's got a high temperature.
Emma: That's awful. And what happened to your hand?
Liam: I cut my finger while making lunch.
Emma: Ouch. You (3) _____ wash the cut carefully, but you (4) _____ go to the doctor if it's only a small cut.
Liam: That's good. I hate hospitals. Oh, and my sister hurt her ankle at basketball practice yesterday.
Emma: Really? Then she (5) _____ rest it for a few days. She also (6) _____ avoid doing sports.
Liam: Yeah, the doctor said the same thing.
Emma: Honestly, your whole family is having a difficult week!
Liam: True. What about you?
Emma: I'm fine, but I've got a lot of homework tonight. We (7) _____ finish the science project by tomorrow.
Liam: Well, at least you (8) _____ cook dinner tonight — my mum already made some for everyone.

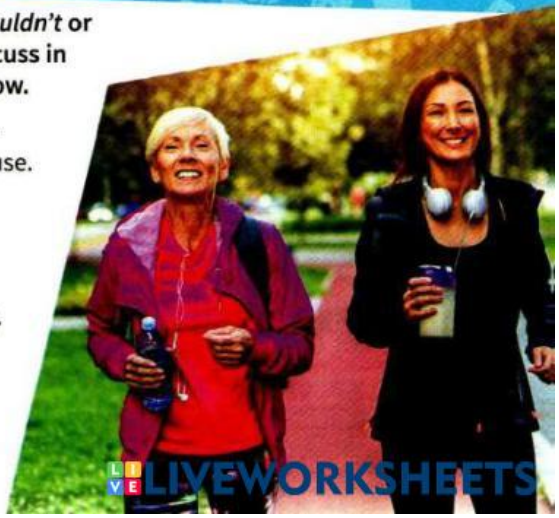
2 **Match the problems to the recommendations and choose *must* or *mustn't*.**

1 ___ I don't eat anything till lunchtime, but then I can't concentrate in class.
2 ___ I stay up late, watching movies, but then I'm tired the next day.
3 ___ My parents always make me wash my hands before we eat. It's so boring!
4 ___ Some of my friends keep offering me cigarettes. Should I accept?
5 ___ My parents don't allow me to use my phone after 8 p.m.. I'm not a child!
6 ___ I really don't enjoy sport. I prefer reading or playing computer games.
7 ___ Our school makes us take a bottle of water to lessons. I never use it.
8 ___ I love fast food, but maybe I'm eating too much of it.

a You *must* / *mustn't* spend all day looking at screens. Having a couple of screen-free hours before bedtime is a good habit.
b You *must* / *mustn't* start smoking. It's not good for you, and once you start, it's difficult to stop.
c You *must* / *mustn't* sleep for around 8 hours each night.
d Fruit and vegetables *must* / *mustn't* be a part of everyone's diet. They contain important vitamins and minerals.
e Exercise *must* / *mustn't* be a part of everyone's lives. Any activity that gets you moving is fine.
f You *must* / *mustn't* miss breakfast. It's the most important meal of the day.
g You *must* / *mustn't* drink enough water. Your body needs it.
h Everyone *must* / *mustn't* wash their hands frequently during the day. It keeps away illnesses.

3 **Complete the tips about staying safe in hot weather with *should*, *shouldn't* or *ought to*. In some cases, more than one answer is possible. Then discuss in pairs which pieces of advice the two women in the picture don't follow.**

1 You _____ wear a hat to protect your head in the sun.
2 You _____ put sun cream on before you leave the house.
3 You _____ dress in thick winter clothes.
4 You _____ go outside in the hottest part of the day.
5 You _____ drink cold drinks instead of hot drinks.
6 You _____ wait until you are thirsty to drink anything.
7 You _____ wear dark coloured clothes.
8 You _____ remember to wear sunglasses.



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4 Choose the correct option (*a*, *b* or *c*) to complete the health blog.

1 Do I really (1) _____ to eat five portions of fruit or vegetables a day?

Yep! They keep you healthy and may reduce the risk of certain diseases. Apples, onions and even tinned tomatoes or fruit yoghurt count, but potatoes and ketchup don't! You (2) _____ check online first if you're not sure.

2 How much water do I have to drink every day?

You ought to drink around 6–8 cups a day. If plain water feels boring, add a slice of lemon, orange or cucumber. You don't (3) _____ buy expensive drinks, but you (4) _____ always check first before you drink water straight from the tap.

3 Does that mean I should give up fizzy drinks?

Not completely, but you (5) _____ have them all the time. Most fizzy drinks contain a lot of sugar, which is bad for your teeth and your energy levels. You should aim for no more than about 30g of sugar a day (that's roughly 7½ teaspoons).

4 I'm tired all the time. Should I just drink more coffee?

You (6) _____! Caffeine messes with your sleep and focus. You (7) _____ to get more rest instead because teenagers need at least 9 hours a night.

5 (8) _____ I have to exercise every day?

You (9) _____ go to the gym, but you (10) _____ move for at least an hour a day — walk, dance, play football, anything that gets you off the sofa!

1	**a** must	**b** ought	**c** have
2	**a** ought	**b** should	**c** have
3	**a** must	**b** should	**c** have to
4	**a** must	**b** ought	**c** have
5	**a** ought	**b** shouldn't	**c** don't have to
6	**a** ought to	**b** mustn't	**c** don't have to
7	**a** must	**b** should	**c** ought
8	**a** Do	**b** Must	**c** Should
9	**a** don't have to	**b** mustn't	**c** shouldn't
10	**a** have	**b** should	**c** ought

5 Complete the sentences from the magazine article with the modals. In some cases, more than one answer is possible.

Avoiding illness

It's that time of the year again when students are getting ready to return to the classroom. Here are some small, important things to do to avoid getting ill.

Good handwashing is the best way to avoid catching colds and flus.
You (1) _____ wash your hands after using the bathroom or eating.
You (2) _____ wash your hands with soap and water for at least 30 seconds.

A healthy diet
Everyone (3) _____ include a variety of healthy foods and drinks in their diet. Students (4) _____ eat foods that are high in fat or sugar.

Getting exercise
Walking, cycling or playing sports with friends are all good ways to keep fit. You (5) _____ go to the gym every day. But you (6) _____ move your body every day.

Getting ready for bed
You (7) _____ study an exam just before bedtime. The bright light from screens keeps your brain awake. You (8) _____ use your phone for an hour before you go to sleep.

6 Write down some rules that you follow in your everyday life. Share them with your partner. Are they similar? How do they differ?

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