

9TH GRADE

UNIT 3

HEALTHY LIVING

FOR TEENS 





OBJECTIVE

After this lesson, SS will be able to:

use modal verbs in conditional sentence type 1

UNSCRAMBLE THE SENTENCE

time/ teens/If/ manage/ effectively/their/,

If teens manage their time effectively,

achieve/ results/ will/ academic/ they/ achieve/ better

they will achieve better academic results.



WHAT TYPE OF SENTENCE IS IT?

If teens manage their time effectively,
they **will** achieve better academic results.

CONDITIONAL TYPE 1

Instead of will, we can use modal verbs, such as can, must, may, might should, etc. in the main clause to express ability, permission, necessity, possibility, advice, etc.

	If - clause	Main clause	Use
1	If you do physical exercise regularly,	your health will improve.	standard form
2	If she trains harder,	she can run faster.	ability
3	If you finish your paper,	you can hand it and leave for home.	permis- sion

	If - clause	Main clause	Use
4	If you want to have good mental health,	you should balance your study and life.	advice
5	If he is good at IT,	he may/might get a good job.	possibility
6	If you want to manage your time effectively,	you must get rid of all the distractions.	necessity

Ex 1. Write the correct form of each verb in brackets.

1. If Mai (not want) _____ to gain weight, she shouldn't eat much fast food.
2. If you stay up too late tonight, you might (feel) _____ tired tomorrow morning.
3. You should (sleep) _____ eight hours a night if you want to be awake and fully alert.
4. If Tom (complete) _____ his assignment on Friday, he can go out with his friends at the weekend.
5. You must (be) _____ careful if you don't want to get burnt.

CHECK YOUR ANSWER

Structure: If + V(s/es), S+ will/may/might/ can ... + V

1. If Mai (not want) doesn't want to gain weight, she shouldn't eat much fast food.

2. If you stay up too late tonight, you might (feel) feel tired tomorrow morning.

3. You should (sleep) sleep eight hours a night if you want to be awake and fully alert.

CHECK YOUR ANSWER

Structure: If + V(s/es), S+ will/may/might/ can ... + V

4. If Tom (complete) completes his assignment on Friday, he can go out with his friends at the weekend.

5. You must (be) be careful if you don't want to get burnt.

Ex 2. Circle the correct modal verbs to complete the following sentences.

1. She can / should go home early if she finishes her work.
2. If you train hard, you might / shouldn't win the first prize.
3. If they don't want to be punished, they must / may follow the rules.
4. If students have an upcoming exam, they shouldn't / can't wait to study until the day before it.
5. If you're having a bad day, you should / may do your best to get through it.

CHECK YOUR ANSWER

1. She can / should go home early if she finishes her work.

advice (lời khuyên)

2. If you train hard, you might / shouldn't win the first prize.

possibility (khả năng)

3. If they don't want to be punished, they must / may follow the rules.

necessity (sự cần thiết)

CHECK YOUR ANSWER

4. If students have an upcoming exam, they shouldn't / can't wait to study until the day before it.

advice (lời khuyên)

5. If you're having a bad day, you should / may do your best to get through it.

advice (lời khuyên)

Ex 3. Match the first half of the sentence in A with the second half in B.

1. If you spend too much time on the computer,

2. If you put too much sugar in your coffee,

3. If you want to manage your time effectively,

4. If you want to have perfect white teeth,

5. If you take a cooking class,

a. you can make your favourite food at home.

b. you should use a calendar to plan your work ahead.

c. you may put on more weight.

d. you might get shoulder pains.

e. you must brush your teeth regularly.

CHECK YOUR ANSWER

1. If you spend too much time on the computer,

2. If you put too much sugar in your coffee,

3. If you want to manage your time effectively,

4. If you want to have perfect white teeth,

5. If you take a cooking class,

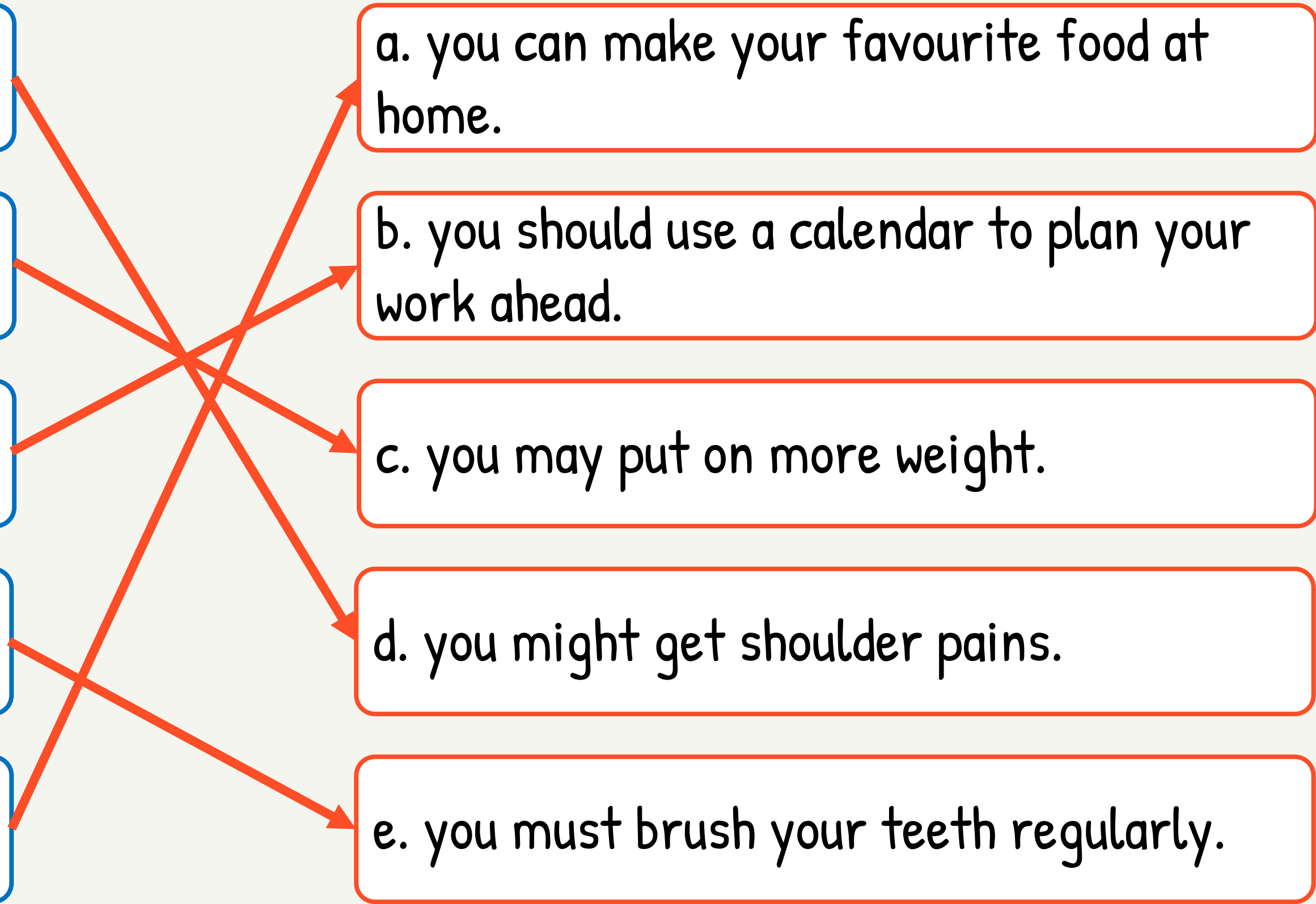
a. you can make your favourite food at home.

b. you should use a calendar to plan your work ahead.

c. you may put on more weight.

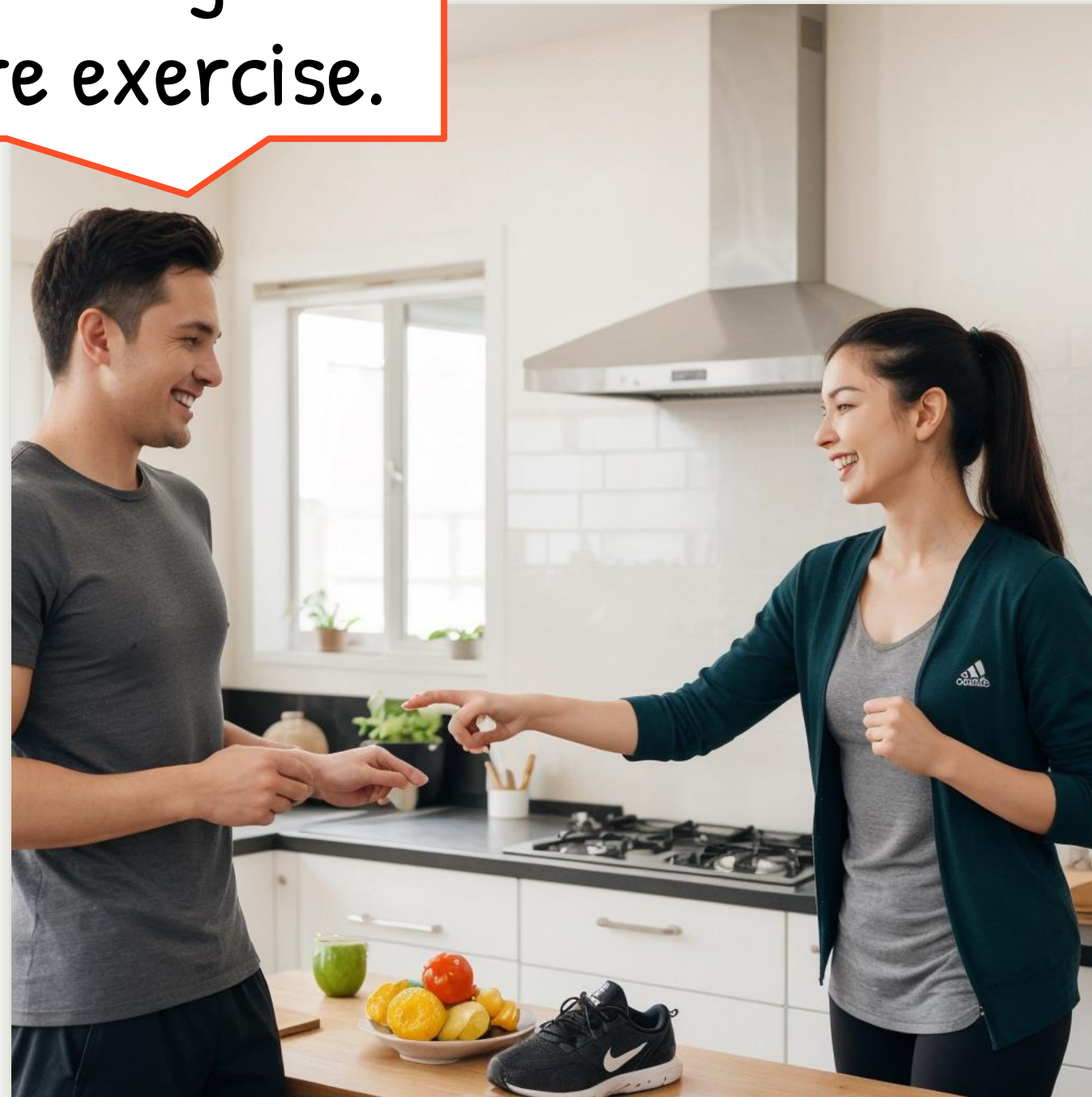
d. you might get shoulder pains.

e. you must brush your teeth regularly.



Ex 4. What will you say in each situation below? Use first conditional sentences with modal verbs.

If you want to lose weight, you **should** eat less high fat food and do more exercise.



Your friend wants to lose weight. You advise him/her to eat less high fat food and do more exercise.

Ex 4. What will you say in each situation below? Use first conditional sentences with modal verbs.

If I have an ice cream, I **may** have a sore throat.



Your friend invites you out for an ice cream, but it's possible that you will have a sore throat.



Ex 4. What will you say in each situation below? Use first conditional sentences with modal verbs.

If you want to have good health, you **must** get 8 hours of sleep per night.

Your roommate often stays up late at night. You think it is necessary to get enough sleep every night; otherwise, his health will suffer.



Ex 4. What will you say in each situation below? Use first conditional sentences with modal verbs.



You **can** go for a swim if you finish all your homework.

Your little brother wants to go for a swim. You agree but ask him to finish all his homework first.

Ex 4. What will you say in each situation below? Use first conditional sentences with modal verbs.

If I have all needed ingredients, I **can** make a delicious pizza.



You're able to make a delicious pizza when you have all the needed ingredients.

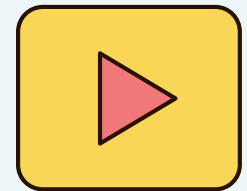
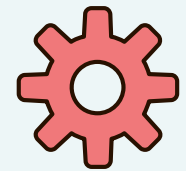
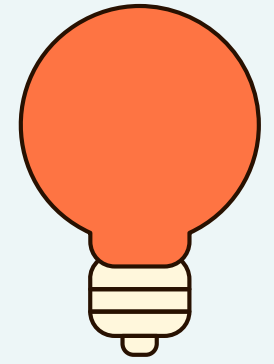
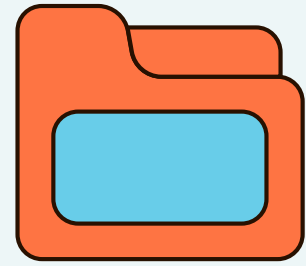
WRAP UP

After this lesson, students have been able to

GRAMMAR

use correct modal verbs in conditional sentences type 1





**THANKS
FOR YOUR
ATTENTION!**

BENEFITS OF SUSTAINABLE LIVING

ENVIRONMENTAL BENEFITS

REDUCED CARBON FOOTPRINT

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PRESERVED ECOSYSTEMS

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SOCIAL BENEFITS

IMPROVED COMMUNITY WELL-BEING

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BETTER HEALTH

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ENERGY ⚡

SUSTAINABILITY

36.8 BILLION
METRIC TONS PER YEAR

were estimated to be global carbon dioxide (CO₂) emissions. It's important to note that carbon emissions can vary from year to year due to factors such as economic activity, energy consumption, technological advancements, and changes in policies.



ADVANTAGES OF SUSTAINABLE

TRANSPORTATION

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PUBLIC TRANSPORTATION

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CYCLING

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WALKING

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TAKE THE GREENER PATH TODAY FOR A CLEANER TOMORROW!



PUBLIC TRANSPORTATION, WALKING,
AND CYCLING AREN'T JUST MODES OF
TRAVEL — **THEY'RE CHOICES** → THAT LEAD
US TOWARDS CLEANER SKIES,
HEALTHIER LIVES, AND **A GREENER** 
FUTURE FOR ALL

SUSTAINABLE FOOD CHOICES

IMPACT OF FOOD CHOICES ON THE ENVIRONMENT

✿

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BENEFITS OF PLANT- BASED DIETS AND LOCAL PRODUCE

GREEN URBAN

PLANNING



CREATING SUSTAINABLE CITIES

GREEN SPACES

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EFFICIENT TRANSPORTATION

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FUTURE

GENERATION

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THANK YOU FOR YOUR CONTRIBUTION TO MAKING A BETTER WORLD

Contact

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