

## Unit 10 Lifestyles

### Lesson A: Modals (*could, should, must*); *have to*

**A** Read the sentences. Label each one *suggestion, advice, or obligation*.

1. Your phone bill is very expensive! You have to use it less often. obligation
2. You should walk to work. You need to exercise. \_\_\_\_\_
3. You could try talking to your sister about the problem. \_\_\_\_\_
4. You must be in class at 8 a.m. \_\_\_\_\_
5. You ought to leave now or you'll be late. \_\_\_\_\_

**B** Fill in the blanks with the correct modal. Use the cues.

1. You must / have to (very strong) use sunscreen at the beach.
2. You \_\_\_\_\_ (gentle) go to bed early to get eight hours sleep.
3. My brother \_\_\_\_\_ (strong) drink less coffee.
4. You \_\_\_\_\_ (gentle) eat salad for lunch.
5. You \_\_\_\_\_ (strong) drink lots of water after cycling.

**C** Write advice. Use modals and the cues in parentheses.

1. Tell your friend to stop at the red light. You must stop at the red light (very strong).
2. Tell a classmate to study more often. \_\_\_\_\_ (strong).
3. Tell your sister to eat a balanced diet. \_\_\_\_\_ (strong).
4. Tell a friend to try cycling with you. \_\_\_\_\_ (gentle).
5. Tell your roommate to pay the bills this month. \_\_\_\_\_ (very strong).

**D** Read the conversation. Fill in the blanks with modals.

*Van wants to be healthier. He is talking with a personal trainer about exercise and healthy habits.*

**Trainer:** You must / have to (very strong) do two things, Van. First, you \_\_\_\_\_ (very strong) eat a balanced diet. Second, you \_\_\_\_\_ (very strong) exercise every day.

**Van:** OK, I understand. I \_\_\_\_\_ (strong) stop eating lots of sugar...

**Trainer:** No, Van. Not \_\_\_\_\_ (strong). \_\_\_\_\_ (very strong). You must stop eating lots of sugar. Your body needs a balanced diet to be healthy.

**Van:** And what about exercise?

**Trainer:** You should do exercise that you enjoy. You \_\_\_\_\_ (very strong) keep trying activities until you find one that you like. For example, you \_\_\_\_\_ (gentle) try cycling.

**Van:** I like running.

**Trainer:** Good. You \_\_\_\_\_ (strong) drink plenty of water before and after you run.