

## 1 Read.

**Can**

We use **can**

- to talk about ability in the present.  
*Marcus **can run** very fast.*
- to ask or give permission.  
***Can I dive** into the pool now?*  
*Yes, you **can** play my new game.*
- to talk about possibility.  
*We **can** jog around the park every morning.*
- for requests and suggestions.  
***Can** you come with me to the doctor's, please?*

We usually use **can't** instead of **cannot** in everyday English, but we sometimes use **cannot** to give emphasis.  
*No, Susan, you **cannot** take all your brother's sweets!*

**Can** is followed by the bare infinitive.  
*My mum **can speak** three foreign languages.*

We often use **can** and **could** with verbs of the senses such as **see**, **hear**, **smell**, etc.  
*I **can see** the keys, they're on the kitchen table.*  
*I **could** smell the spaghetti bolognese from my bedroom!*

**Could**

We use **could**

- to talk about ability in the past.  
*Rosie **could swim** when she was four years old!*
- to ask permission in the present or the future.  
***Could I** go to the park after school?*
- to ask for something politely.  
***Could I** have a glass of water, please?*
- for requests and suggestions.  
*You **could** take up yoga to help you relax.*

We don't use **could** for abilities in the past when we talk about a specific occasion when we managed to do something. In this case, we use **was able to** or **were able to**.  
*I didn't have much time, but I **was able** to finish my work.*

However, we can use **couldn't** to talk about specific situations in the past.  
*I **couldn't** get through to Jane last night.*

**Could** is followed by the bare infinitive.  
*Mrs Taylor **could swim** very fast when she was younger.*

**Remember !**

**Can** and **could** are the same for all persons.  
I **can** sing. I **could** dive.  
You **can** sing. You **could** dive.

## Be able to

We use **be able to**

- to talk about ability.  
*Sandra **is able to** speak three languages.*
- to talk about a specific occasion when we managed or didn't manage to do something.  
*I **was able to** finish all my chores today.*  
(We can't use **could** here.)  
*I **wasn't able to** start the report this morning.*  
(We can also use **couldn't** here.)

We can use **be able to** with many tenses; we just use the correct form of the verb **be**. But we don't use **be able to** with continuous tenses.

**Be able to** is followed by the bare infinitive.

*All the children **were able to** complete their projects on time.*

### 2 Circle the correct words.

- 1 My grandma could / **was able** sing very well when she was younger.
- 2 Mrs Stevens, **can I** / **am I able to** ask you a question?
- 3 Sorry, I **could** / **wasn't able to** finish my project.
- 4 We **can** / **are able to** go to the park if you like.
- 5 Lyn is an interpreter. She **can** / **could** speak three languages.
- 6 I **can** / **am able** to hear you, but I can't see you.

## Would

We use **would** in the question form

- for requests.  
***Would** you help me with the cooking?*
- when asking for permission.  
***Would** you mind if I bring a friend to the party?*

We use **would** to ask more politely. When we answer a question with **would**, we use **will**.

***Would** you drive me home, please?*

*Yes, I **will**.*

**Would** is followed by a noun or subject pronoun and the bare infinitive.

***Would** George mind if I used his phone?*

***Would** you write down your name and address?*

### 3 Complete the sentences with the correct form of *can, could, be able to* or *would* and these verbs.

come do not clean ~~not go~~ not stay turn off

- 1 Yesterday, Mum wasn't well, so she wasn't able to/couldn't go to the office.
- 2 \_\_\_\_\_ you \_\_\_\_\_ the computer, please?
- 3 I'm tired, so I \_\_\_\_\_ the windows for you.
- 4 We \_\_\_\_\_ some stretching exercises while we are waiting for our coach to arrive.
- 5 \_\_\_\_\_ you and Katie \_\_\_\_\_ for a bike ride with me?
- 6 Julie tries so hard, but she \_\_\_\_\_ in shape.

## Must and can't (for certainty)

We use **must** to say that we are sure that something is true.  
*Uncle Harry **must** be fit. He's been jogging for hours!*

We use **can't** to say that we are sure that something is not true.  
*You **can't** be exhausted. You've been sleeping all morning!*

**Must** and **can't** are followed by the bare infinitive.  
*You **must be** tired. You've been working all day.*  
*Alexander **can't be** hungry. He ate four slices of pizza.*

### 4 Match.

- |   |  |
|---|--|
| 1 Aisha's mum is an aerobics teacher.             | a They can't be the winners of the song contest! |
| 2 George can't swim yet.                          | b They must be exhausted now.                    |
| 3 Jamie and Jemma have been studying all morning. | c She must be very fit!                          |
| 4 Our science teacher is away on holiday.         | d That can't be her over there!                  |
| 5 Samantha has always wanted to be on stage.      | e That can't be him in the pool.                 |
| 6 The band's song was awful.                      | f That must be her in the school play.           |

## Must

We can also use **must** to talk about obligation and necessity in the present and in the future.  
*We **must** always stop at a red light.*  
*I **must** post the letter tomorrow.*

We use **mustn't** to talk about something that we are not allowed to do in the present and in the future.  
*We **mustn't** park here.*  
*They **mustn't** arrive late for the meeting tomorrow.*

**Must** and **mustn't** are followed by the bare infinitive.  
*I **must finish** my work tonight.*  
*I **mustn't use** a pen in the exam.*

We can't use **must** for the past. We use **had to**.  
*I **had to** complete my assignment last night.*

**Must** isn't usually used in questions. To ask if someone is obliged to do something, we use the question form of **have to**.

***Does she have to** reply to all these emails?*

## Have to

We use **have to** in a variety of tenses to talk about an obligation in the present, future and in the past.  
*We **have to** look after ourselves.*

**Have to** is followed by the bare infinitive.  
*Mum **has to cook** a lot of food for the party.*

## Need to and needn't

We use **need to** in a variety of tenses to talk about necessity in the present, future and in the past.  
*I **will need to** complete this report.*

We use **needn't** to talk about a lack of necessity in the present.  
*You **needn't buy** some milk. Dan has already bought some.*

**Need to** and **needn't** are followed by the bare infinitive.  
*Fred **needs to hand in** his assignment.*  
*You **needn't cook** anything as Jenny is taking us out for dinner.*

## Mustn't vs don't have to

**Mustn't** and **don't have to** have a totally different meaning. We use **mustn't** to say that we are not allowed to do something.  
*We **mustn't talk** in the library.*

We use **don't have to** to say that it isn't necessary to do something, but we can do it if we want to.  
*You **don't have to** go swimming if you don't want to.*

**Mustn't** and **don't have to** are followed by the bare infinitive.  
*You **mustn't wake** the baby.*  
*You **don't have to cook** dinner.*

### 5 Complete the sentences with the correct form of *must*, *mustn't*, *have to*, *don't have to* or *needn't* and the verbs in brackets. Sometimes more than one answer is possible.

- 1 You don't have to/needn't cook tonight. I've ordered Chinese. (cook)
- 2 I \_\_\_\_\_ eating a burger a day! I've got very high cholesterol. (stop)
- 3 We \_\_\_\_\_ our dancing lesson. Our teacher gets very angry! (miss)
- 4 I'm so glad I \_\_\_\_\_ lunch at school yesterday! The food was awful! (eat)
- 5 Last year, Dad \_\_\_\_\_ on a diet. None of his clothes fitted him! (go)
- 6 I \_\_\_\_\_ to buy some lettuce for the salad. (forget)

### 6 Circle the correct words.

Nowadays, we are all very busy and we have very little free time. This is why we (1) **must / have** to eat healthily and exercise whenever we (2) **can / could**.

We (3) **mustn't / needn't** eat too many convenience foods, and we (4) **have to / will be able to** make sure we eat a lot of fruit and vegetables.

In the past, we (5) **could / can** just walk to school or work, but now we drive everywhere so we (6) **must / were able to** take up a sport. This (7) **needn't be / couldn't be** a strenuous sport if you don't have very much energy.

We (8) **mustn't / don't have** get used to a sedentary lifestyle as we'll put on weight.

The next time you look in the mirror and say 'Oh! This (9) **can't be / must be** me. I am so overweight!', think about the advice I have just given you. You (10) **could / will be able** to see the difference in no time!



**7 Look at the situations and complete the sentences using an appropriate phrase which includes a modal verb.**

- 1 The travel agent said we would stay at a luxury hotel. We have just arrived and we are shocked as there isn't even a wardrobe in the room!  
This \_\_\_\_\_ **can't be** \_\_\_\_\_ a luxury hotel.
- 2 We are on holiday and there's lots of food in the camper van for us to eat.  
We \_\_\_\_\_ at a restaurant tonight.
- 3 Last night I made a pizza because I had tomatoes, olives and peppers.  
I \_\_\_\_\_ a pizza last night.
- 4 Two young people see a young man playing tennis. He is playing very well.  
He \_\_\_\_\_ a professional tennis player.
- 5 A lady is looking at her daughter swinging on monkey bars. She remembers doing the same thing when she was a little girl.  
I \_\_\_\_\_ on monkey bars when I was my daughter's age.
- 6 A family is at an amusement park. The little girl wants to go on the rollercoaster, but she isn't tall enough.  
She \_\_\_\_\_ the rollercoaster because she isn't tall enough.

**8 Rewrite the sentences using the words given. Use between two and five words.**

- 1 It is necessary that you cut down on chocolate. **to**  
You \_\_\_\_\_ **have to** \_\_\_\_\_ cut down on chocolate.
- 2 Anna has broken her leg, so I'm sure she's not at the aerobics class. **can't**  
Anna has broken her leg, so \_\_\_\_\_ at the aerobics class.
- 3 When I was younger, I could do the splits. **was**  
When I was younger, I \_\_\_\_\_ do the splits.
- 4 Don't do the vacuuming; I've already done it. **needn't**  
You \_\_\_\_\_ the vacuuming.
- 5 I'm sure there's an escalator at the shopping mall. **must**  
There \_\_\_\_\_ at the shopping mall.
- 6 Dad had a check-up six months ago, so he doesn't need to have another one. **have**  
Dad \_\_\_\_\_ to have another check-up.

**9 Say it! Imagine you are at summer camp. Talk to your partner about these things using modals.**

- wake up at eight o'clock
- play various sports
- eat everything on our lunch tray
- take part in arts and crafts
- make our beds
- tidy our room
- sweep the floor
- play board games in the evening
- the lights go out at ten o'clock



We have to wake up at eight o'clock.

We can play various sports.

# Lesson 2

## 1 Read.



### May and might

We use **may** and **might** to show possibility.

*We **may** eat out tonight.*

*I **might** go to the concert this weekend.*

We use **may** to ask for and to give permission.

***May** I buy a packet of crisps, Mum?*

*Yes, you **may** have some ice cream.*

**May** and **might** are followed by the bare infinitive.

*Keith **may come** over tonight.*

*We **might watch** a film after dinner.*

### Remember !

We don't use the question form of **might** and we usually say **might not** instead of **mightn't**.  
*I don't feel well. I **might not** go to the party.*

## 2 Look at the pictures and complete the sentences with the correct form of *may* or *might* and these verbs.

be book buy go



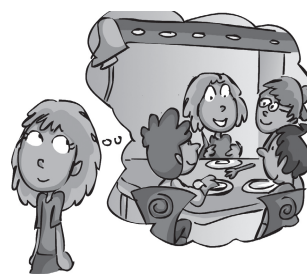
1 Thomas may/might be allergic to nuts.



3 \_\_\_\_\_ we \_\_\_\_\_ on a first-aid course?



2 No, you \_\_\_\_\_ a new toy car.



4 My classmates and I \_\_\_\_\_ a table at the new restaurant.

## Should

We use **should**

- to give advice.  
*You **should** eat more healthily.*  
*You **shouldn't** play computer games all day.*
- to ask for advice.  
***Should** I complain to the manager?*
- to make a prediction.  
*It's an easy recipe. I **should** be able to make the casserole.*

**Should** is followed by the bare infinitive.

*You **should exercise** more often.*

## Ought to

We use **ought to** to give advice.

*We all **ought to do** more exercise.*  
*Dan **ought not to** eat cheese if he's allergic to it.*

**Ought to** isn't used in the question form.

**Ought to** is followed by the bare infinitive.

*Brian **ought to tidy** his room more often.*

### 3 Read the problems and give advice. Use *should*, *shouldn't*, *ought to* or *ought not to* and these verbs. Sometimes more than one answer is possible.

donate   eat   sit   read   take   walk

- 1 I usually have eggs and pancakes for breakfast. I know it's not healthy, but breakfast is my favourite meal.  
You should/ought to eat cereal for breakfast.
- 2 My friends and I are very busy and we don't have time to take up a sport. Our parents drive us to school every morning.  
You and your friends \_\_\_\_\_ to school.
- 3 When I get home from school, I'm exhausted. I just want to watch a little TV, but when I finish doing my homework, it's time for bed.  
You \_\_\_\_\_ in front of the TV all afternoon.
- 4 Mum's in the office all day. She doesn't have time to exercise.  
She \_\_\_\_\_ the stairs.
- 5 I always eat health food bars, but it seems that they are high in calories, too.  
You \_\_\_\_\_ the nutritional information on the packet.
- 6 I've got lots of old clothes and shoes. I don't know what to do with them.  
You \_\_\_\_\_ your old clothes to charity.

### 4 Circle the correct words.

- 1 **May** / **Should** I come to the art gallery with you, please?
- 2 We **ought not** / **shouldn't** to drop litter in the park.
- 3 **Ought to** / **Should** supermarkets and department stores be open every day?
- 4 **Might** / **May** I have a bunch of bananas and half a watermelon, please?
- 5 You really **should** / **may** recycle batteries, too.
- 6 Isabel **should** / **ought** keep the pet tarantula in the garden.

**5 Complete the telephone conversation. Use *should, ought, may or might*.**

**Alison:** Dr Hansen, I've been feeling awful for a couple of days and I think I (1) may/might have the flu. What (2) \_\_\_\_\_ I do?

**Dr Hansen:** Well, the first thing you (3) \_\_\_\_\_ to check is whether you've got a temperature or not.

**Alison:** I see. (4) \_\_\_\_\_ I book an appointment to see you, please?

**Dr Hansen:** Well, you (5) \_\_\_\_\_ not get out of bed really, as you (6) \_\_\_\_\_ get worse.

**Alison:** OK, well, (7) \_\_\_\_\_ I take some antibiotics?

**Dr Hansen:** You don't need antibiotics if it's just a common cold. What you really (8) \_\_\_\_\_ to do is relax, eat healthily and make sure you drink orange juice. You (9) \_\_\_\_\_ not feel better immediately, but in a couple of days, you (10) \_\_\_\_\_ be well enough to go back to work. If you still feel ill in a couple of days, call me and I'll come and see you.

**Alison:** OK, thank you.



**6 Rewrite the sentences using the words given. Use between two and five words.**

- 1 It's possible that Gina has got asthma. **may**  
Gina may have asthma.
- 2 It's not a good idea to eat products that contain lots of sugar. **to**  
You \_\_\_\_\_ eat products that contain lots of sugar.
- 3 Is it all right if I order dessert? **can**  
\_\_\_\_\_ order dessert?
- 4 It isn't a good idea to drink fizzy drinks. **not**  
You \_\_\_\_\_ drink fizzy drinks.
- 5 We believe that Ian will pass his final exams. **should**  
Ian \_\_\_\_\_ final exams.
- 6 I probably won't go to the party tonight. **not**  
I \_\_\_\_\_ come to the party tonight.

**7 Say it! Talk with your partner about what advice you would give in these situations using the correct form of *may, might, should or ought to*.**

**Situation 1**

Paul doesn't like meat but he needs to eat proteins. What should or shouldn't he do?

**Situation 2**

Brad has put on lots of weight. He has tried dieting but it hasn't worked so far. What ought he to do and what other options might he try?

**Situation 3**

Maggie wants to take up a sport but she doesn't like strenuous sports. Which sports might she like?

**Situation 4**

Giselle and Hannah love sweets. They're young but they already have tooth decay. What should they do to stop eating sweets?

Paul should eat fish and nuts.

Brad ought to do more exercise.



## Lesson 3

### 1 Read.



### Modal perfect forms

We can use modal verbs with **have** and a past participle to talk about past actions and states.

#### Possibility

We use **could have + past participle** to talk about something that was possible in the past but didn't happen.

*Why did you eat the whole cake? You **could have made** yourself sick.*

We use **may/might have + past participle** to talk about something that was possible in the past, but we don't know whether it happened or not.

*Isabel **might have wanted** to take up a new hobby.*

*My little brother **may have broken** the glass.*

#### Deduction

We use **must have been + past participle** when we feel sure something was true in the past.

*Natalie got 100% for her French exam. She **must have studied** very hard.*

We use **can't/couldn't + past participle** when we feel sure that something was not true in the past.

*You **can't have seen** Tom at the sports centre. He's in Germany!*

*Harry **couldn't have made** this meal. He can't even boil an egg!*

#### Criticism

We use **shouldn't have/ought not to have + past participle** to talk about something that we disapproved of in the past.

*Timothy **shouldn't have drunk** the whole bottle of lemonade.*

*You **ought not to have been** so rude to the salesman.*

### 2 Circle the correct words.

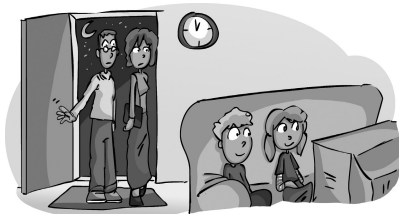
- 1 You can't have seen / **must have seen** Sally yesterday. She's been in hospital since Friday.
- 2 Steve **could have helped** / **can't have helped** with the preparations, but he didn't.
- 3 The living room looks great! The children **ought not to have tidied** / **must have tidied** it!
- 4 You really **shouldn't have taken** / **may have taken** Katie's ball.
- 5 George **must have got** / **can't have got** a new job. He's bought a really expensive car.
- 6 The children **might have** / **ought to have** wanted another drink.

**3 Look at these situations and complete the sentences using the words given. Use between two and five words.**

- 1 Tommy finished a whole pizza, and now he can't move! **shouldn't**  
Tommy shouldn't have eaten so much pizza.
- 2 We had a lot of homework, but James said that he finished it all in 15 minutes. I don't believe him! **have**  
James finished the homework in 15 minutes.
- 3 Paul accidentally dropped his father's laptop. He thinks it might be broken. **broken**  
Dad, is it broken your laptop. I'm not sure though.
- 4 My colleagues throw away lots of paper. It's such a waste. **to**  
My colleagues throw away the paper.
- 5 It's possible that they bought a house in the countryside. **may**  
They may have bought a house in the countryside.
- 6 I left my sandwich on the table and when I returned, it had disappeared. My little brother was sleeping nearby. **must**  
My little brother must have eaten the sandwich.
- 7 I hadn't studied, so I looked at Carrie's answers during the test. Now we're both in trouble. **have**  
You looked at Carrie's answers during the test.
- 8 We took the boat to the island and it took ages! It would have been a better idea to fly there. **could**  
You could have flown to the island instead.

**4 Look at the pictures and complete the sentences with the correct perfect modal form. Use these verbs. Sometimes more than one answer is possible.**

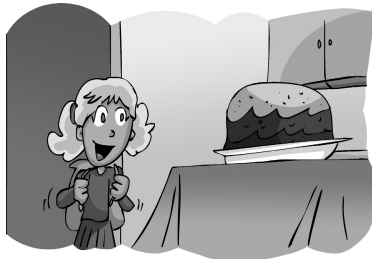
fall   make   not put   ~~not stay~~   send   solve



1 Kids, you shouldn't have stayed up so late!



4 You dropped all your toys on the floor!



2 My mum made the cake while I was at school!



5 Faye and Mel sent these flowers for my birthday.



3 The little boy put the puzzle.



6 Why did you put the baby on the chair? He was sitting.

**5 Choose the correct answers.**

- 1 This chicken is tasteless! I \_\_\_\_\_ to add salt.  
**a** may have forgotten  
**b** should have forgotten  
**c** ought to have forgotten
- 2 Sandra \_\_\_\_\_ started dieting. She looks much slimmer now.  
**a** can't have  
**b** ought to have  
**c** must have
- 3 There's too much butter in this cake. You \_\_\_\_\_ to have used my recipe.  
**a** ought  
**b** could  
**c** may
- 4 We really \_\_\_\_\_ all those biscuits.  
**a** couldn't have eaten  
**b** mustn't have eaten  
**c** shouldn't have eaten
- 5 Rosemary can't sing very well. She \_\_\_\_\_ the talent contest.  
**a** must have won  
**b** can't have won  
**c** should have won
- 6 Peter \_\_\_\_\_ a car. I don't see him at the bus stop anymore.  
**a** can't have bought  
**b** must have bought  
**c** ought to have bought

**6 Complete the dialogue with these words.**

can't have digested    could have ended up    may have forgotten  
 must have eaten    ought to have listened    ~~shouldn't have played~~

- Dora:** Are you OK, Max?
- Max:** I am now, but I (1) shouldn't have played in the volleyball match.
- Dora:** Why? What happened?
- Max:** I had lunch at one o'clock and the match was at two. Mum told me not to play, and I (2) \_\_\_\_\_ to her. During the match, I felt awful. The coach (3) \_\_\_\_\_ that I had told him I had just eaten and he told me to play.
- Dora:** Oh dear.
- Max:** Yes, I (4) \_\_\_\_\_ lunch too quickly.
- Dora:** In an hour, you (5) \_\_\_\_\_ your food, can you?
- Max:** Exactly. I (6) \_\_\_\_\_ in hospital. Now I know next time. No food before a match.



**7 Say it! Imagine that something has disappeared from your bedroom. Talk with your partner about what disappeared and what may have happened to it. Use these suggestions and the perfect modal form.**

- threw it away accidentally
- Mum put it in a drawer
- left it at a friend's house
- sister hid it

I can't have thrown my iPod away accidentally.

Mum may have put my iPod in a drawer.

# Review

## 1 Complete the sentences with the correct form of the future simple, *be going to* or the future continuous. Use the verbs in brackets.

- 1 Lizzie promises she won't take up an extreme sport. (not take up)
- 2 In a few years, we \_\_\_\_\_ new sources of energy. (use)
- 3 Look! Tina is first, she \_\_\_\_\_ the swimming race. (win)
- 4 Turn down the volume on your computer or I \_\_\_\_\_ it \_\_\_\_\_ . (turn off)
- 5 What \_\_\_\_\_ in three hours' time? (you / do)
- 6 Sam has decided that she \_\_\_\_\_ as a volunteer this summer. (not work)
- 7 I can't wait! This time next week, I \_\_\_\_\_ in the sea. (swim)
- 8 Mum, \_\_\_\_\_ me to school tomorrow? (you / drive)

## 2 Make sentences. Use the future perfect simple or the future perfect continuous.

- 1 soon / I / pick up / every plastic bottle / on this beach  
Soon I will have picked up every plastic bottle on this beach.
- 2 ? / the temperature / reach / minus ten / by tonight  
\_\_\_\_\_
- 3 Grandma's flight / not land / in ten minutes  
\_\_\_\_\_
- 4 I / not get / my driving licence / by the end of the year  
\_\_\_\_\_
- 5 on 1st March / we / live / in our flat / for six years  
\_\_\_\_\_
- 6 by six o'clock / I / tidy / my room / for two hours  
\_\_\_\_\_

## 3 Complete the sentences using future tenses. Use the verbs in brackets. Sometimes more than one answer is possible.

- 1 I bet Dad \_\_\_\_\_ will forget to buy me an MP4 player for my birthday. (forget)
- 2 In two years' time, the biologist \_\_\_\_\_ his research. (complete)
- 3 This time next week, we \_\_\_\_\_ from university! (graduate)
- 4 Can we go now? In ten minutes, we \_\_\_\_\_ in this cave for two hours! (hide)
- 5 Jo has decided she \_\_\_\_\_ in the competition next week. (not take part)
- 6 It's too cold to walk to school. I think I \_\_\_\_\_ the bus. (catch)

**4 Circle the correct words.**

- 1 **Would you** / **Are you able to** lend me your rucksack, please?
- 2 Unfortunately, we **couldn't** / **won't be able to** visit our grandparents at the farm next weekend.
- 3 I tried very hard, but I **can't** / **wasn't able to** finish the crossword.
- 4 My little sister **can't** / **couldn't** ride a horse until she was 11 years old.
- 5 We **can** / **couldn't** take the catamaran or the ferry.
- 6 **Could you** / **You are able to** drive me to the leisure centre, please?

**5 Complete the sentences with *can't be* or *must be*.**

- 1 She doesn't speak German. She can't be a German teacher!
- 2 Roger has been working on his experiment all day. He \_\_\_\_\_ tired.
- 3 Natasha always does well in tests. She \_\_\_\_\_ a good student.
- 4 That \_\_\_\_\_ your mobile phone. It's mine!
- 5 Eric has gone on holiday for a week. He \_\_\_\_\_ happy!
- 6 Dina hasn't eaten much all day. She \_\_\_\_\_ on a diet.

**6 Choose the correct answers.**

- |  |   |
|--|---|
| 1 I've got a map, so we _____ ask for directions.<br><b>a</b> needn't<br><b>b</b> mustn't<br><b>c</b> don't have           | 5 I failed the maths test, so I _____ retake it yesterday.<br><b>a</b> must<br><b>b</b> had to<br><b>c</b> must have                      |
| 2 _____ book a cabin on the cruise ship?<br><b>a</b> Do we have to<br><b>b</b> We ought to<br><b>c</b> We have to          | 6 This water is very dirty, so you _____ drink it.<br><b>a</b> mustn't<br><b>b</b> don't have<br><b>c</b> ought                           |
| 3 If you don't like fairgrounds, you _____ to come with me.<br><b>a</b> mustn't<br><b>b</b> needn't<br><b>c</b> don't have | 7 John got a bike for his birthday, so he _____ walk to school anymore.<br><b>a</b> doesn't have to<br><b>b</b> needs<br><b>c</b> mustn't |
| 4 You were very lucky. You _____ hurt yourself.<br><b>a</b> shouldn't<br><b>b</b> could have<br><b>c</b> could             | 8 Jennifer _____ to say she wasn't coming.<br><b>a</b> don't have to call<br><b>b</b> should call<br><b>c</b> ought to have called        |

**7 Complete the text. Use these words. Sometimes more than one answer is possible.**

may    may not    might not    ~~must~~    ought    should

**To all students taking part in the field trip**

You (1) must all be outside the school gates at 7.30 a.m. on Saturday, 11th June. If you want, you (2) \_\_\_\_\_ bring a friend with you, but make sure you tell the head teacher, Mrs Mullane, by Wednesday, as there (3) \_\_\_\_\_ be any seats left on the coach. Don't forget to have some breakfast before you leave, as we (4) \_\_\_\_\_ have time to stop on the way. You (5) \_\_\_\_\_ wear comfortable clothes; girls (6) \_\_\_\_\_ not to wear heels, as we'll be climbing up hills and crossing streams.

**WRITING PROJECT**

**8 Look at a project about health and fitness. Complete the project with these words.**

can see    have to eat    might be    must be    ~~must have known~~    need to stop    ought  
should cut down    should eat    will continue    will have reached    will have finished

**A healthy mind in a healthy body**

In the ancient world, people (1) must have known what they were talking about when they said 'a healthy mind means a healthy body'.

Nowadays, we all know that the key factors to well-being are a balanced diet and exercise. This doesn't mean that we (2) \_\_\_\_\_ eating our favourite foods. We just (3) \_\_\_\_\_ in moderation. We (4) \_\_\_\_\_ a lot of fruit and vegetables, but we (5) \_\_\_\_\_ on carbohydrates and sugars. As well as a healthy diet, we (6) \_\_\_\_\_ to make sure that we exercise whenever we have the chance. Walking, jogging, playing a team sport on a regular basis and even everyday household chores are just some of the activities that help us maintain a healthy body.

Many people have started to include physical activities in their leisure time. Take this father and son, for instance. We (7) \_\_\_\_\_ that they are hiking on a mountain. They (8) \_\_\_\_\_ on a day hike, which means that they (9) \_\_\_\_\_ the hike by the end of the day and won't stay anywhere overnight. In a moment, they (10) \_\_\_\_\_ the top of the mountain and the two of them (11) \_\_\_\_\_ their hike. They (12) \_\_\_\_\_ enjoying themselves as they are spending quality time together.



**9 Now it's your turn to do a project about health and fitness. Find or draw a picture of an aspect of health and fitness and write about it.**