

Using Modal Verbs for Advice

Complete the sentences with the correct modal verb:

1. You _____ get at least 8 hours of sleep every night
2. You _____ drink more water if you feel tired.
3. You _____ see a doctor if the pain continues.

1. ought to 2. should 3. must

Vocabulary Review

Match the health advice with the correct action:

1. Drink more water
 2. Do cardio workouts
 3. Eat more vegetables
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- a) Improve nutrition
 - b) Improve hydration
 - c) Improve heart health

Write a short paragraph giving advice on how to stay healthy.

➤ Use at least three modal verbs

Example: should, must, ought to.