



ENGLISH

Chapter 16 Session B

5th
SECONDARY

MIND AND BODY
Third Conditional



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Motivating strategy



Learn**English** Teens



The surprise party

Third conditional

Daisy prepares a surprise party
for Amy.

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GRAMMAR 1

Third Conditional

- 1 Look at the excerpt from the text and underline the verb forms. Then choose the options that make the statements about the form and the meaning of the excerpt true.

third conditional	
main clause	<i>if</i> clause
I <u>would have signed up</u> years ago if <u>had known</u> about this incredible app.

- a I **did** / **didn't** sign up years ago.
- b I **knew** / **didn't know** about the app.
- c In the *if* clause, we use the **simple past** / **past perfect**.
- d In the main clause, we use *would* + **have** + **base form** / **have + past participle**.
- e We **can** **can't** change the order of the clauses in the sentence to, *If I had known about this incredible app, I would have signed up years ago.*

2 Match a-d with 1-4 to make appropriate sentences.

- a **4** If I had trained more,
- b **2** If I hadn't gone out last night,
- c **3** If I'd listened to my mother's advice this morning,
- d **1** If I had not started taking better care of myself,

- 1** I would have risked having serious health problems.
- 2** I wouldn't have woken up this morning feeling terrible.
- 3** I would have eaten breakfast instead of rushing out the door.
- 4** I would have done better in the race.

3 Complete the sentences with the correct form of the verbs in parentheses.

a If he hadn't quit (not quit) his job, he would have continued (continue) to be stressed out.

b You would have become (become) a nutritionist if you had finished (finish) your degree.

- c They would have retired (retire) earlier if it
had been (be) a possibility.
- d She would have slept (sleep) for 8 hours if
the baby hadn't woken up (not wake up).
- e If the restaurant had served (serve)
healthier food, would it have been (it / be)
more popular?

4 Rearrange the words to make sentences in the third conditional. The first and the last words have been given for you.

- a **If** / she / had / had / have / a nap / Micaela / more energy / would / taken / **in the evening.**

If Micaela had taken a nap, she would have had more energy in the evening.

- b **I** / would / last year / a vacation / to take / liked / I'd / if / have / had / **more money.**

I would have liked to take a vacation last year if I'd had more money.

- c **If** / symptoms / would / the / treatment / had / you / done / the / have / **gone away**.

If you had done the treatment, the symptoms would have gone away.

- d **We** / a relaxing day / have / it / if / hadn't / at the beach / would / had / **rained**.

We would have had a relaxing day at the beach if it hadn't rained.

It's funny to think about how your life might have been completely different if you had **a** made a few different choices along the way. Take me, for example. Originally, I'd wanted to become a lawyer, but I decided at the last minute not to apply. If I had, I **b** might have worked for my dad's law firm, though I'm not really sure. And, if that had happened, I definitely never **c** would have met my wife – we first met when I was traveling through Latin America. Of course, I probably would have made more money if I had **d** been a successful lawyer, but that doesn't really bother me. Knowing me, I **e** wouldn't have been happy if I **f** had had to work in an office all day, so I'm glad I became a scuba instructor instead!

5 Complete the text with the words in the box.

been	had	made
might	would	wouldn't



- 6** Join the two simple sentences to make a third conditional sentence. Use the words in parentheses.

We started eating less meat, and then we lost weight. (would not)

If we hadn't started eating less meat, we wouldn't have lost weight.

- a** Pavla began working out. Her self-esteem improved. (would not)

If Pavla hadn't begun working out, her self-esteem wouldn't have improved.

- b** I spent the holidays with my family. That's why I wasn't at work. (would)

If I hadn't spent the holidays with my family, I would have been at work.

- c** I moved near the beach. That's probably why I started surfing. (might not)

If I hadn't moved to the beach, I might not have started surfing.

- d** I learned some breathing exercises, so I didn't fail my exams. (could)

If I hadn't learned some breathing exercises, I could have failed my exams.

7 Answer the questions for you. Use the third conditional.

a If I had started learning English earlier ...

Personal answer

b If I had been born in ...

Personal answer

c If I had woken up late this morning ...


Personal answer

d I could have been great at ... if ...

Personal answer

e I would have been happier last year if ...

Personal answer

- 8  **INTERFACE** Work in pairs. Look at the pictures of different situations. Describe how these problems could have been avoided.










LISTENING

Practicing Mindfulness





1  **55** Listen to a woman talking about mindfulness. Number the questions below in the order she talks about each item.

- a  Why is it important?
- b  How do you do it?
- c  What are the benefits?
- d  What is it?

2



Listen again and circle T (*true*), F (*false*), or NS (*not said*).



a The speaker doesn't think the definition of 'mindfulness' is important.

T / **F** / NS

b The speaker believes mindfulness is more relevant now than in the past.


T / F / NS

c Meditation can provide immediate results.

T / F / **NS**

d The benefits from mindfulness are primarily physical.

T / **F** / NS

- 3  55 Listen one more time and answer the questions.



- a In mindfulness practice, what is the main objective?

The main objective is to focus your attention on the present moment.

- b What different things do people focus on during meditation?

Breathing; sensations in the body; thoughts entering the mind; sensations from the outside; emotions.

- c What is a mantra?

It is a word or phrase that you repeat over and over.

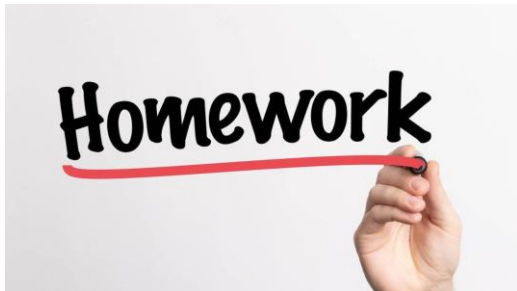
- d What physical benefits of mindfulness are given?

Mindfulness can reduce stress, heart disease, and blood pressure and promote better sleep.



GRAMMAR 1

Third Conditional



- a If you **would have listened / had listened** to the podcast, I'm sure you would have found it very helpful.
- b My school **would have expelled / had expelled** the bullies if they had known who was responsible.
- c I **might have believed / had believed** you if you had told me.
- d If the community center **might have offered / had offered** yoga classes, I would have taken them.
- e If the company **would have asked / had asked** you to work more overtime, would you have done it?
- f The farmers market **would have been / had been** successful if more people had known about it.

- 2 Complete the sentences with *had*, *hadn't*, *would have* or *wouldn't have*.

Sometimes I like to imagine what my life
a would have been like if my parents
b hadn't moved to Canada like they
did. First of all, if they c hadn't
emigrated, I d would have been born
in France instead, and I e would have
learned to speak French instead of English
as my first language. That means, if English
f hadn't been my first language, I
probably g wouldn't have decided to study
English literature in college. And I definitely
h would have made different friends if I
i had attended a school in France.
My life would be completely different now!

3 Decide if there should be a comma (✓) or no comma (✗) between the two clauses.

- a ☒ If we had planted a garden in spring _____ we could have picked fruit and vegetables in the summer.
- b ☐ The Petersons might have been able to relax _____ if the neighbors hadn't had a loud party all night.
- c ☒ If I had invited you to go jogging this morning _____ would you have come with me?
- d ☐ Would they have been stressed _____ if they had missed the bus to school?
- e ☐ Leslie might have been a star athlete _____ if she hadn't suffered a leg injury.
- f ☒ If I could have helped her _____ I definitely would have tried.

4 Complete the sentences using the third conditional.

- a If you had known (know) the benefits, you would have started (start) drinking smoothies years ago.
- b You wouldn't have become (not become) a teacher if you hadn't volunteered (not volunteer) as a tutor when you were younger.
- c If Damian hadn't listened (not listen) to his sister, he wouldn't have begun (not begin) seeing a therapist.
- d Petra might have been (be) happier if she hadn't switched (not switch) jobs at her company.
- e If I had trained (train) to be a counselor, I think I could have made (can make) a real difference in people's lives.