



ENGLISH

Chapter 17 Session B

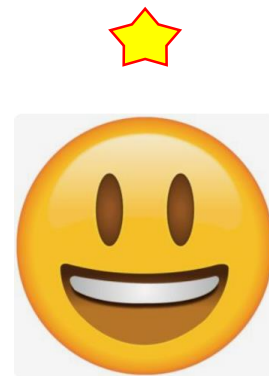
5th.
SECONDARY

MIND AND BODY
Mixed Conditionals



 **SACO OLIVEROS**

WELCOME



MOTIVATING STRATEGY

Let's review
conditional
sentences!





The Changing Meaning of Good Health

Throughout human history, people have tried to understand human health in different ways. In ancient times, the supernatural was considered the most important factor in human health – all types of physical and mental problems were thought to be the result of gods or other beings. Later, the Greeks revolutionized the concept of health and medicine by focusing on balance in the body and in the environment. Currently, according to the World Health Organization, health is “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” In other words, it covers all areas of life, not just the physical, and is more than just not having any diseases. First written in 1948, this definition has been a useful description of health for over 70 years, and if it had not been adopted we might still be focusing only on getting rid of diseases instead of all the other important aspects of well-being.




However, critics of this definition are pushing for it to now be changed. First off, there are complaints that this definition is too general, and may be a good definition of 'happiness' rather than 'health.' As a result, it would mean that most people are not healthy most of the time. Imagine, for example, someone who is completely physically and mentally fit. However, if that person has had some type of social problem, e.g. a breakup, could they be considered unhealthy? Furthermore, at different ages there are different expectations – should someone in their 80s with typical age-related issues be considered unhealthy? If the definition were more specific and fewer people were considered 'unhealthy,' fewer people would have needed expensive, unnecessary drugs or medical procedures in recent years. Now, different doctors, researchers, and writers are working on new definitions, often building on the previous one, but adding more details to account for patients' different needs. The hope is that by doing so we will soon have a definition that works for everyone and that can be the goal of future health care systems.

- 1 Look at the title of the text on page 98 and the pictures in it. What does *good health* mean to you?

Personal answer.



- 2  59 Read, listen and check if your ideas are mentioned.

The Changing Meaning of Good Health



3 Read the text again and answer the questions.

- a In ancient medicine, what was considered the root of health?

Gods or other supernatural beings.



- b What is positive about the World Health Organization definition?

It covers more than just the absence of disease.



- c What are the main criticisms of the World Health Organization definition?

It is too general and does not consider individual differences like age.

- d What is the point of creating a new definition?

To have a definition that works for everyone and that can be the goal of future health care systems.

- e What do you think should be definition of health?

Personal answers.





Mixed Conditionals

When do we use them?

- 1 Look at the two conditional sentences from the article. Match the sentences to the descriptions.

a 2 If it had not been adopted, we might still be focusing only on getting rid of diseases ...

b 1 If fewer people were considered 'unhealthy,' fewer people would have needed expensive, unnecessary drugs or medical procedures in recent years.

We can use MIXED CONDITIONALS when we IMAGINE a past change with a result in the present or a present change with a result in the past.

- 1 A general hypothetical situation with a result in the past.



- 2 A hypothetical situation in the past with a result in the present.



Mixed Conditionals (Second and Third Conditional)

- we use a mix of the second and third conditionals to talk about hypothetical situations in the past with a result in the present
If I **hadn't started** seeing a psychologist, I **would be** much less balanced now.
- we form this mixed conditional with *if* + past perfect, *would* + base form

MIXED TYPE 1

Use: **Present result of a past condition**

main clause

+	If she had prepared lunch,	she would feel much better now.
-	If they hadn't prepared lunch,	I wouldn't be happy now.
?	If they hadn't met at the party,	would they be together now?

- we also use a mix of the second and third conditionals to talk about general hypothetical situations with a result in the past
- we form this mixed conditional with *if* + simple past, *would* + *have* + past participle

MIXED TYPE 2

Use: **Past result of a present or continuing condition**

T Y P E 2

+	If you had a healthier diet,	you would have done better in the race.
-	If they didn't charge so much,	they wouldn't have gone out of business.
?	If I had better grades,	would they have accepted me?

Let's revise:

2nd Second
Conditional

2nd If + past simple,
Imaginary (unlikely) situation in the present,

2nd would + V. Base form
with a result in the present or future

If you **had** a healthy diet, you **would do** better in the race.

3rd Third
Conditional

3rd If + past perfect,
Imaginary situation in the past,

3rd would have + past participle
with a result in the past

If she **had prepared** lunch, she **would have felt** better.



We can mix them!!

Mixed Conditionals:

Mixed Type 2:

2nd Present situation
If + past simple

2nd Present result
would + V. Base form

3rd Past situation
If + past perfect

3rd Past result
would have + past participle

Mixed Type 1:



If she **had prepared** lunch, she **would feel** much better now.

If you **had** a healthier diet, you **would have done** better in the race.

2 Complete the sentences with the correct form of the verb in parentheses.

a If Leila hadn't gone (not go) to medical school, she wouldn't be (not be) a successful doctor now.

b I never would have tried (try) meditation if there weren't (not be) so many apps available.

Would you have gone (you go) skiing with me if the mountain wasn't /weren't (not be) so far away?



MIXED TYPE 1

If + past perfect, would/could/might + V(B.form)

If George had studied, he would pass the exam.

Use: Present result of a past condition



MIXED TYPE 2

If + simple past, would/could/might + have + past participle

If Sophia studied, she would have passed the exam.

Use: Past result of a present or continuing condition



*Also possible **Third conditional**: Would you have gone.... If the mountain hadn't been so far away?

d Noah wouldn't be (not be) busy every weekend if he hadn't taken (not take) that new job.

e If Anwar knew (know) why he was depressed these days, he wouldn't have agreed (not agree) to see the therapist.



MIXED TYPE 1

If + **past perfect**, would/could/might + V(B.form)

If George had studied, he would pass the exam.

Use: Present result of a past condition



MIXED TYPE 2

If + **simple past**, would/could/might + **have + past participle**

If Sophia studied, she would have passed the exam.

Use: Past result of a present or continuing condition



3 Make complete sentences using the prompts.

- a If / we / go hiking / this morning / we / be / exhausted / now .

If we **had gone** hiking this morning, we **would be** exhausted now.

- b I / cook / dinner / if / we / have / ingredients / in the house .

I **would have** cooked dinner if we **had** ingredients in the house.

Mixed Conditional Sentences

MIXED TYPE 1

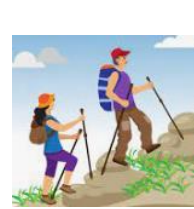
Use: Present result of a past condition

If +
Past Perfect (had + past participle) → would +
Verb Base form

MIXED TYPE 2

Use: Past result of a present or continuing condition

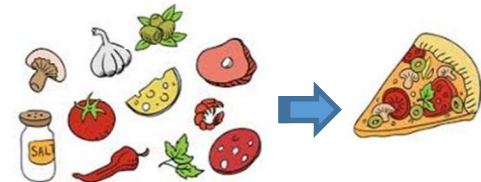
If +
Simple Past → would have +
past participle



This morning...



Now...



- c If / she / learn / swim / as a child / she / not / be / afraid of water / now .

If she **had learned** to swim as a child, she **wouldn't be** afraid of water now.



4 Complete the sentences for you.

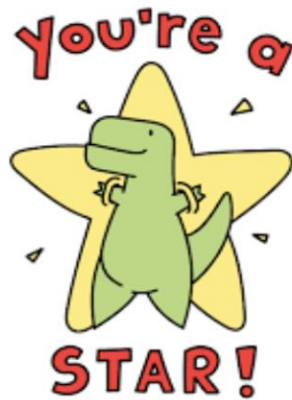
Personal answers.

a If I had started _____
when I was young, I _____
_____ now.

b I _____ become a
_____ if I were better at
_____.

c If I had moved to _____,
I _____ now.

d I wouldn't have met _____
if _____.





An Opinion Essay

Yoga Should Be Taught in Schools. Do You Agree?

At present, yoga is not taught in schools in most countries.

Consequently, many people have never experienced the benefits of yoga. In my opinion, children would be much healthier if yoga was a regular part of the education system.



Firstly, school can be stressful for many young people because of academic pressure, bullying, or other reasons. What's more, to handle stress many people develop unhealthy habits, for example, overeating. Yoga is well known for being a relaxing activity that teaches people to manage stress in a healthy way. Secondly, yoga can lead to increased focus because it requires people to concentrate on breathing and balance. As a result, students who do yoga are better able to study and concentrate, leading to better results in school. In fact, a study in 2003 found that students who do yoga have improved health, behavior, and grades.

In conclusion, I believe teaching yoga in schools would be greatly beneficial to students. Furthermore, these benefits would extend to other family members who might then be introduced to yoga.



An Opinion Essay

1



Read and listen. Answer the questions.

a Why can school be stressful?

School can be stressful because of academic pressure, bullying or other reasons.

b Why is yoga relaxing?

It teaches people to manage stress.

c What does the research say about students who do yoga?

They have improved health, behavior and grades.



2 Read the text again and complete the chart.

Paragraphs where the writer gives an opinion	1 and ... 3
Phrases for giving opinion	<i>In my opinion ...</i> I believe...
Number of main arguments	2
Words / phrases used to introduce arguments	Firstly, Secondly...
Phrase for summarizing	In conclusion...

Yoga Should Be Taught in Schools. Do You Agree?



At present, yoga is not taught in schools in most countries. Consequently, many people have never experienced the benefits of yoga. In my opinion, children would be much healthier if yoga was a regular part of the education system.

Firstly, school can be stressful for many young people because of academic pressure, bullying, or other reasons. What's more, to handle stress many people develop unhealthy habits, for example, overeating. Yoga is well known for being a relaxing activity that teaches people to manage stress in a healthy way. **Secondly**, yoga can lead to increased focus because it requires people to concentrate on breathing and balance. As a result, students who do yoga are better able to study and concentrate, leading to better results in school. In fact, a study in 2003 found that students who do yoga have improved health, behavior, and grades.

In conclusion, I believe teaching yoga in schools would be greatly beneficial to students. Furthermore, these benefits would extend to other family members who might then be introduced to yoga.



LANGUAGE FOCUS

Linkers of Addition and Result

- + School can be stressful for many young people. **What's more**, to handle stress many people develop unhealthy habits.
- + Teaching yoga in schools is greatly beneficial to students. **Furthermore**, these benefits extend to other family members.
- Yoga is not taught in school in most countries. **Consequently**, many people have never experienced its benefits.
- Yoga can lead to increased focus. **As a result**, students who do yoga are better able to study and concentrate.



Addition

Additionally
And
Then
First
Added to
Furthermore
Along with
What's more
Second
Last

Result

As a result
As a consequence
Therefore
Thus
Consequently
Hence
For this reason
Due to

3 Choose the correct linkers.

In some cities in the USA, schools have started to teach yoga in the classroom. **a What's more** /

As a result, there are many other schools considering doing the same. **b What's more** /

Consequently yoga in schools has become a topic of debate, with many parents both for and

against this idea. **c Furthermore** **Consequently**, government officials are also getting involved and

voicing their opinions. **d As a result** **Furthermore**, there may soon be new laws regulating whether

these classes will continue in the future.



- 4** Write an opinion essay (150-170 words) supporting your point of view about this statement: "Schools should teach more subjects to help students' mental health." Follow these steps.



Writing an Opinion Essay

Step 1 > PLAN

Determine your opinion. Why do you think it's a good or a bad idea? Make notes.

Step 2 > WRITE

Write your first draft. Organize your essay into three paragraphs.

Step 3 > CHECK

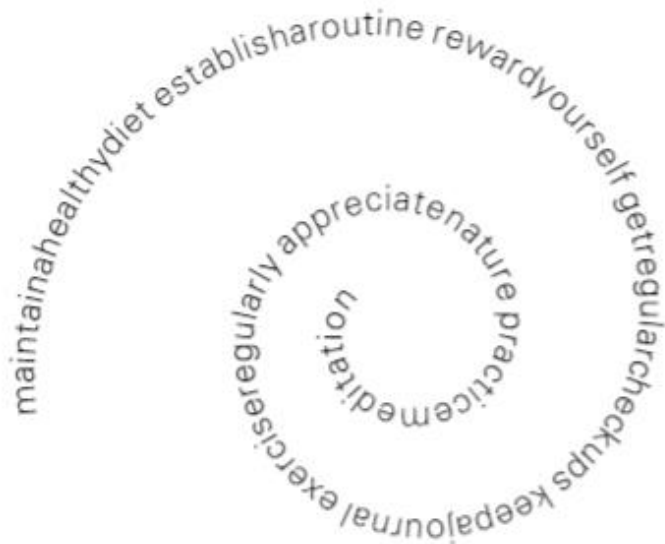
Check your writing for errors. Have you used linkers from the Language Focus?

Step 4 > WRITE

Write your final copy and hand in your work.

Healthy Habits

- 1 Find in the word spiral eight healthy habits.



ANSWERS:



by diet

e

cups

/

e

tion

2 Reorder the words to make sentences.

- a nature / by / appreciates / in her garden / My mom / flowers / growing .

My mom appreciates nature by growing flowers in her garden.

- b starting / at / a morning / routine / established / I / 7am .

I established a morning routine starting at 7am.

c get older / regular / to get / It's / as you / important / checkups .

It's important as you get older to get regular checkups. / It's important to get regular checkups as you get older.

d all / her appointments / Abigail / a schedule / with / on it / keeps .

Abigail keeps a schedule with a appointments on it.

e eating / reward / and / by / a movie / I / myself / popcorn / watching .

I reward myself by watching a movie and eating pop corn.



EXCELLENT!

HOMEWORK (HELICOTEST)

- CHAPTER 17



VOCABULARY:

Page 189, exercise #3: from a) to e).

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

a My brother _____ (not practice meditation), but I think it would be good for him.

b _____ (keep journal) is recommended for everyone, not just young people.

c If I were you, I _____
(limit their screen time) to one hour per day.
(**second conditional**: if + simple past, would + V. Base form)

d We _____ (maintain healthy diet) all of last year, but this year we've been eating out a bit too much.

e Growing up, I _____ (not exercise regularly), but now I love going to the gym every morning.

4 Complete the sentences so they are true for you.

- a** To reward myself, I _____
_____.
- b** The best way to appreciate nature is _____
_____.
- c** Exercising regularly is _____
to me because _____.
- d** To me, maintaining a healthy diet means
_____.

Personal
answers.

*Yes
You
can!*



Thank
you



FOR YOUR ATTENTION!