



# ENGLISH

Chapter 8  
Week 8

**3rd**  
SECONDARY

**LOOK AFTER YOURSELF**



 **SACO OLIVEROS**

# HELICO MOTIVATION

# Modal verbs

1 Read the examples and answer the questions.

## Talking about possibility

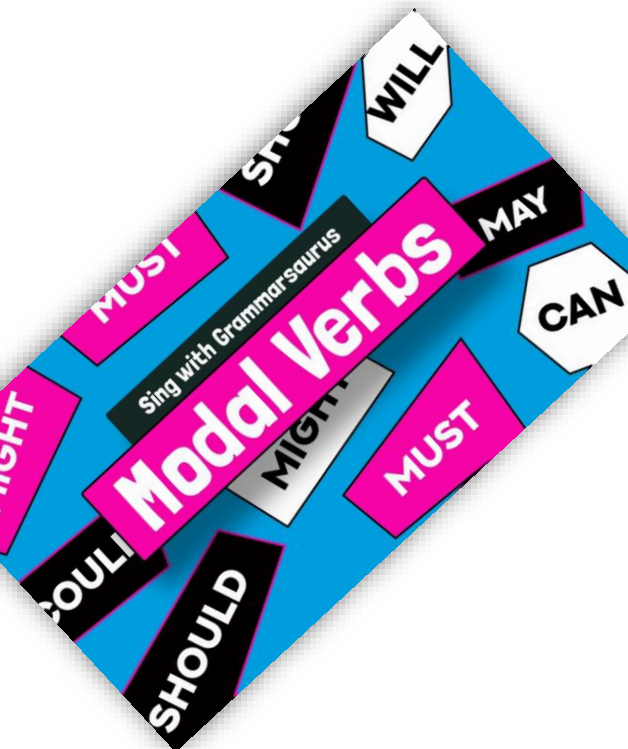
Eating the right foods **can** affect the way you feel.  
The body **can't** get or make energy without B vitamins.

## Talking about obligation/no obligation

You **must** eat regularly to keep your blood sugar level steady.  
Normally, I **have to** have a snack or I have no energy.  
You **don't have to** make many changes to have an impact.

## Talking about prohibition

You **mustn't** eat more than 50g of dark chocolate.



- 1 Which modal(s) mean 'this is/isn't possible'?
- 2 Which modal(s) mean 'you are not allowed to do this'?
- 3 Which modal(s) mean 'it is necessary to do this'?
- 4 Which modal(s) mean 'this isn't necessary'?

can / can't

mustn't

must / have to

don't have to

## Modals – third person singular

The modals *have to/don't have to* change for the third person (he, she, it). The other modals do not.  
He **doesn't have to** study today.

**2** Complete the sentences with the correct modal verb. There may be more than one possibility.

- 1 You must drink plenty of water to stay hydrated.
- 2 Eating mangoes can help you feel calm.
- 3 You mustn't skip meals! It's really bad for you.
- 4 I can't understand the text. It doesn't make sense.
- 5 Mark has to study hard if he wants to pass the test.
- 6 You don't have to come to the gym if you don't want to.

- 3** Read the examples. Complete the rules with *past*, *specific* or *general*.

### Talking generally about the past

I **could/was able to** focus better.

Before, I **couldn't/wasn't able to** study without eating lots of sugary snacks.

### A specific situation in the past

People **were able to** do better in memory tests using rosemary oil.

They **couldn't/weren't able to** focus in the exam.

### Obligation in the past

I **had to** rest because I had no energy.

Yesterday, I **didn't have to** buy any food for dinner.

When we talk about a **general** possibility in the past, we use *could/couldn't* or *was/wasn't/were/weren't able to*.

When we talk about a **specific** success in the past, we use *was/were able to* in the affirmative. However, in the negative, we can use either *couldn't* or *wasn't/weren't able to*.

When we talk about obligation in the **past** we use *had to*. When we talk about lack of obligation in the past, we use *didn't have to*.

## Gerund and infinitive

**1** Read the examples. Then match sentences a–f to rules 1–6.

- a It's hard **to think** if you haven't slept enough.
- b **Starting** school later helps prevent accidents.
- c The experts suggested **starting** school later.
- d Teens need **to sleep** eight to ten hours.
- e Use thick curtains **to stop** the light coming in.
- f I'm interested in **finding out** more.



## We use the gerund ...

- 1 after certain verbs (e.g. *enjoy, suggest*)
- 2 as the subject of a sentence
- 3 after prepositions

c  
b  
f

## We use the infinitive ...

- 4 after certain verbs (e.g. *want, decide, need*)
- 5 to talk about purpose
- 6 after adjectives (e.g. *necessary, easy*)

d  
e  
a

Some verbs can take either the gerund or the infinitive with no change of meaning, e.g. *like*, *love*, *hate*, *can't stand*, *prefer*, *continue*. Using the gerund is more common.

**I like watching movies. / I like to watch movies.**

When we talk about the future or imagine something, we use *would* + verb + infinitive.

**I would like to go to Canada one day.**

**2** Circle the correct option. Look at the rules and give reasons for your answers.

- 1 I go to bed at 9 **to get** ~~getting~~ enough sleep.
- 2 It's important **to drink** ~~drinking~~ plenty of water.
- 3 **To spend** ~~Spending~~ time outdoors is healthy.
- 4 I'm interested in **to do** ~~doing~~ more exercise.
- 5 Karen exercises by **to bike** ~~biking~~ every day.

### 3 Complete the table with the verbs in the box. Add any others you know.

admit agree can't stand choose plan hope  
learn miss offer practice prefer promise

+ infinitive	+ gerund	+ infinitive or gerund
<i>decide, need, want</i> choose agree hope offer learn plan promise	<i>enjoy</i> admit miss practice	<i>like</i> can't stand prefer

**4** Complete the sentences with the correct form of the verbs. Write four sentences of your own.

- 1 Mark admitted losing (**lose**) the equipment.
- 2 I want to go (**go**) swimming later.
- 3 Will can't stand listening (**listen**) to people talking about food!
- 4 They promised to eat (**eat**) healthy snacks.
- 5 I'm planning to download (**download**) that app.
- 6 You missed seeing (**see**) a great movie.

**5** Complete the text with the correct form of the verbs in parentheses.

Exercise – happy body, happy mind

Exercise is good for the body and the mind. <sup>1</sup> **Exercising** (exercise) regularly helps with stress, mood and sleep! When you learn <sup>2</sup> **to play** (play) a sport and succeed, it's also good for your self-esteem. Many teenagers choose <sup>3</sup> **to play** (play) team sports because spending time with others makes them happier. It isn't always easy <sup>4</sup> **to fit** (fit) exercise into a day, so experts recommend <sup>5</sup> **making** (make) it part of your daily routine – for example by <sup>6</sup> **walking** (walk) to school. They also suggest <sup>7</sup> **doing** (do) some exercise outdoors as sunlight contains vitamin D, which lifts your mood.



## GRAMMAR ROUND-UP

1 2 3 4 5 6 7 8

## Let's talk

Anxiety can be a common problem, but most young people don't like **1 talk/talking** about it. YouTube star Zoe Sugg hopes **2 to change/changing** that. Zoe **3 has/is having** a vlog called Zoella with over 8 million followers. She **4 was using/has used** her fashion and life vlog to talk about her own experiences of panic attacks and anxiety too. That's why the charity Mind **5 chose/has chosen** her as its Digital Ambassador. Zoe launched their new campaign #Don'tPanicButton. People wear the button if they suffer from anxiety or if they want **6 to show/showing** their support for others. Both Zoe and the organizers think digital media **7 must/can** help young people and increase awareness of problems like this by **8 to show/showing** them they are not alone — and that it's OK to talk about it.

**HOMEWORK**  
from 1 to 5

THANK  
YOU  
SO MUCH



ROCKA APARIZAN