



ENGLISH

Chapter 8 Session A

3rd
SECONDARY

LOOK AFTER YOURSELF



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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

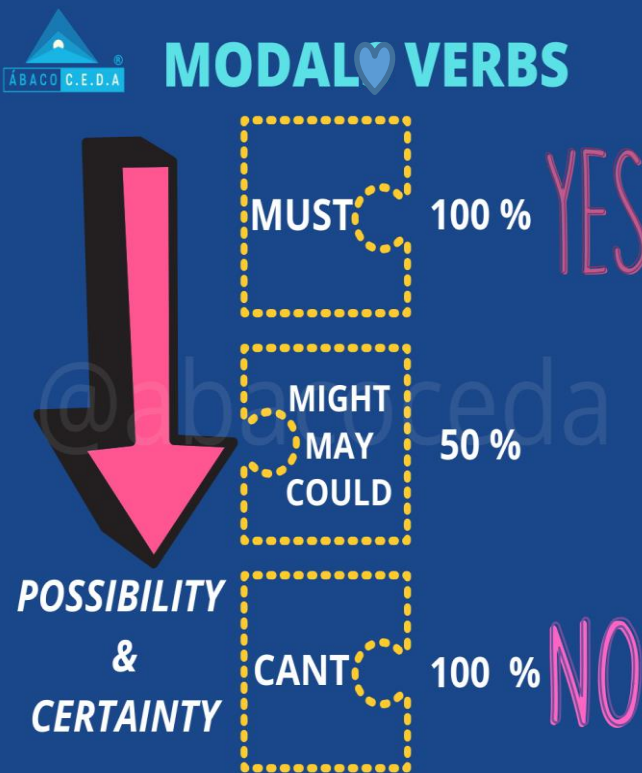
You **must** eat regularly to keep your blood sugar level steady.

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'? **can / can't**
- 2 Which modal(s) mean 'you are not allowed to do this'? **mustn't**
- 3 Which modal(s) mean 'it is necessary to do this'? **must / have to**
- 4 Which modal(s) mean 'this isn't necessary'? **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*.

4 Circle the best answer.



The power of music

Research has shown that music **1** (...) lower blood pressure and reduce stress. Slow, calm music is best – you **2** (...) listen to classical music to relax, any calm music works! Singing along to songs **3** (...) also release tension and when hospital patients listened to music before and after surgery, they **4** (...) relax more and recovered faster. In another study, researchers found music **5** (...) increase self-esteem in older people. Headphones often increased the benefits – however, it is important to remember you! **6** (...) turn the volume up too loud!



- | | | |
|--------------------------|------------------|-----------------|
| 1 a must | b can | c had to |
| 2 a don't have to | b mustn't | c couldn't |
| 3 a has to | b can't | c can |
| 4 a could | b had to | c was able to |
| 5 a had to | b could | c must |
| 6 a couldn't | b mustn't | c don't have to |

1 Reinforcement Circle the correct option.

A guide to eating for athletes

1 You **must** / **don't have to** eat a lot of carbohydrates – they give you energy.



2 You **can** / **mustn't** have ice cream and desserts, but fruit is better.

3 You **can't** / **don't have to** take vitamin pills. They're not necessary.

4 You **mustn't** / **have to** put a lot of salt in your food – it's bad for you.

5 Remember, you **can't** / **don't have to** train if you're sick – it's not allowed!



6 And you **can** / **have to** drink lots of water – of course!



2 Challenge Complete the sentences with the past of the modal verbs.

- 1 I can ski really well. I could ski when I was five years old!
- 2 I usually have to go to bed early. Last night, I had to go to bed at nine o'clock.
- 3 I can't speak French. When I was in France, I couldn't understand a word!
- 4 We don't have to do homework on weekends. Last weekend, I didn't have to study at all!
- 5 I can usually remember vocabulary. In the test yesterday, I was able to remember all the words.

The Modals Quiz

- 1 We ___ have lunch at school. Some students go home at lunch time.
a are able to **b** don't have to **c** mustn't
- 2 We ___ use cell phones in class, but in some schools, it's forbidden.
a don't have to **b** can **c** couldn't
- 3 You ___ bring a note from your parents if you miss a class. It's the rule!
a mustn't **b** can't **c** must
- 4 Most of us ___ speak English ten years ago, but now we speak it quite well.
a couldn't **b** weren't able **c** didn't have to



5 ___ wear a school uniform when you went to elementary school?

a Do you have to b Had you to c Did you have to

6 You ___ bike in the school grounds. You know it's forbidden!

a mustn't b have to c don't have to

7 My computer broke last night. Luckily, my brother ___ fix it.

a can b was able to c could

8 I ___ stay up late and study last night to finish my history project.

a could b must c had to



