



ENGLISH

Chapter 18 Session A

5th
SECONDARY

MIND AND BODY
Progress Check



 **SACO OLIVEROS**

**If he had worked harder at school,
he would have passed his exams.**





VOCABULARY IN PICTURES

Mental Health



balance



bullying



condition



depression



loss



prevention



psychologist



recovery



self-esteem



suffer



therapy



treatment

Healthy Habits



appreciate nature



establish a routine



exercise regularly



get regular checkups



keep a journal



keep a schedule



limit screen time



maintain a healthy diet



practice meditation



reward yourself



Third Conditional

- we use the third conditional to talk about hypothetical situations in the past – situations or events that did not really happen
If **Cathy hadn't gone** swimming, **she wouldn't have gotten** an earache. (meaning = She went swimming and she got an earache.)
- we form the third conditional with *if* + past perfect, *would* + *have* + past participle



	<i>if</i> clause	main clause
+	If you had exercised this morning,	you would have felt better.
-	If they hadn't stayed up late,	I wouldn't have slept in.
?	If she hadn't visited the doctor,	what would have happened?



- there are two clauses: the *if* clause and the main clause. We can change the order of the clauses without changing the meaning. Note the use of the comma
If I **had become** a vegetarian, I **would not have cooked** hamburgers yesterday.
I **wouldn't have cooked** hamburgers yesterday if I **had become** a vegetarian.
- we can use the modal verbs *might* and *could* in the main clause to show we are less certain
If you **had gone** to yoga class with me, you **might have learned** how to reduce your stress.



- in spoken English, we often contract the subjects with *had* or *would* to *'d*. In the negative form, we often contract *had* or *would* and *not* to *hadn't* / *wouldn't*

If **I'd become** a vegetarian, I **wouldn't have cooked** hamburgers yesterday.

- we usually stress the main verbs in both clauses

If I **had exercised** this morning, I **would have felt** better.



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



	<i>if</i> clause	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

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	<i>if</i> clause	main clause
+	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?



Mental Health

1 Match the phrases to make sentences.

a 5 My cousin

b 2 I'm very

c 4 I find that

d 1 It's a common
sadness

e 6 Having a

f 3 I think I
don't



me thing, but

hard time for you.

bullying at my school.

anced – I highly

ed her a lot.

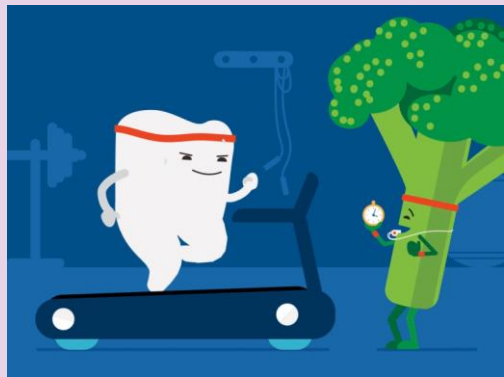
very from mental

health problems.



Healthy Habits

2 Match the verbs with the nouns to make healthy habits collocations.



- | | | | | |
|---|----------|------------|----------|----------------|
| a | 3 | appreciate | 1 | a healthy diet |
| b | 4 | practice | 2 | screen time |
| c | 6 | keep | 3 | nature |
| d | 2 | limit | 4 | meditation |
| e | 1 | maintain | 5 | a routine |
| f | 5 | establish | 6 | a journal |



Third Conditional

3 Check the correct options to complete the sentences.

a We wouldn't have started sleeping well

1 ☒ if we hadn't bought a new bed.

2 ☐ if we had bought a new bed.

b If they hadn't spent all their savings,

1 ☐ they could retire years ago.

2 ☒ they could have retired years ago.





- c Khulan might not have signed up for the course,
- 1 ☐ if her brother could have encouraged her.
 - 2 ☒ if her brother hadn't encouraged her.
- d If you had won last week's lottery,
- 1 ☒ would you have quit your job?
 - 2 ☐ you would have quit your job?





Mixed Conditionals

- 4 Complete the sentences with the words in the box.

had hadn't wasn't would have



- a If they hadn't taken care of the garden, we wouldn't have all these vegetables now.
- b If I knew how to do Tai Chi, I definitely would have joined in at the park.
- c I might not have gotten upset if he wasn't so annoying all the time.
- d If Vanessa had visited the dentist regularly, she wouldn't have so many cavities.



Grammar Buildup 6

1

2

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8

5 Choose the correct answers.

What job **a** **would I have**

/ **would I have had** now

if I **b** **didn't become** /

hadn't become a physical therapist? That's a difficult question! Well, if I

c **didn't go** / **hadn't gone**

to college, I **d** **wouldn't**

become / **wouldn't have**

become qualified to do





therapy. However, even if I **didn't get / hadn't gotten a degree,** I think I **would still end up / would still have ended up** working in this field now in some capacity. So, maybe I **would be / would have been** a personal trainer now, that is, if I **had continued / had continued** working out every day like I used to.





Mixed Conditionals

1 Write TC (Third Conditional) or MC (Mixed Conditional) next to each sentence.

- a TC If we hadn't gone to the beach, we wouldn't have gotten sunburned.
- b TC Maricela could have been a ballet dancer if she had continued practicing.
- c MC Hanyoung would be much happier if she hadn't stopped playing music.



- d **MC** If Larry weren't so short, he would have liked to become a flight attendant.
- e **TC** I wouldn't have ever learned to sail if I hadn't moved to Canada.
- f **MC** If he went for regular checkups, he could have asked the doctor his question already.



2 Demet is not very happy with his life right now. Match the sentence beginnings with the endings.



- a **1** If Demet hadn't stayed up all night,
- b **3** If Demet had studied more in high school,
- c **5** Demet wouldn't have sold his car
- d **2** Demet would feel better physically
- e **4** If Demet hadn't stopped seeing his therapist,

- 1** he wouldn't be exhausted today.
- 2** if he had started going running with his brother like he promised.
- 3** he would have more job opportunities now.
- 4** he might feel less anxious now.
- 5** if he hadn't lost all his money on the stock market.

3 Choose the appropriate answer.

a If I'd taken swimming lessons when I was younger, _____ to swim now.

1 I would be able

2 I would have been able

b If I had broken my nose playing baseball last year, _____ immediately.

1 I would have it fixed

2 I would have had it fixed



- c My mother would have killed me if _____ a tattoo when I was a teenager.

1 I got

2 I had gotten

- d I would have picked a healthier option if _____ anything good on the menu, but I guess I'll get the burger.

1 the restaurant had

2 the restaurant had had

- e Mavash and Denny would have gone home for the holidays if _____ always so expensive.

1 the flights weren't

2 the flights hadn't been

4 Join the two simple sentences to make one mixed conditional sentence.

a I didn't have a shower. I feel dirty now.

If I'd had a shower, I wouldn't feel dirty
now.

b You don't have a car. You were late for the basketball game.

If you had a car, you wouldn't have been
late for the basketball game.

- c Michelle doesn't speak with her mother.
They had a fight last year.

Michelle would speak with her mother if
they hadn't had a fight last year.

- d I had an accident. I need to buy a new bike.

If I hadn't had an accident, I wouldn't need
to buy a new bike.

- e I was offered a discount on karate classes. I
decided to try them out.

If it wasn't for the discount on karate classes,
I wouldn't have decided to try them out.





GRAMMAR CHECK

- 1 Read the dialogue and circle the correct answers.



Maricela You're amazing at Pilates!

Ashley Thanks, but that's not true. If I **a** _____ when I was younger, I **b** _____ much better now.

Maricela Well, you're much better than me anyways! If I **c** _____ more time last year, I **d** _____, but I was just too busy at work.

Ashley I'm just glad you're doing it now! To be honest, I was getting a bit bored with the classes recently. I probably **e** _____ if you **f** _____ you were interested.

Maricela That's very nice of you to say. Anyways, the only thing I don't like about these classes is how busy it gets. My guess is, if we **g** _____ to the earlier class this morning, it **h** _____ as busy.

Ashley Hmm, I'm not sure. Let's try that next week.

1	2	3
a would start	would have started	had started
b would be	would have been	wouldn't be
c had	have had	had had
d would sign up	would have signed up	had signed up
e would quit	would have quit	wouldn't quit
f had said	hadn't said	wouldn't have said
g went	had gone	hadn't gone
h might be	might have been	might not have been



2


97

Listen and check your answers.



LISTENING




- 1**  **98** Listen to friends talking about spinning. Check (✓) the things you hear about.



- ☒ riding bicycles
- ☐ going outside
- ☐ why spinning is boring
- ☒ class atmosphere
- ☒ other people in the class
- ☒ what the instructors do
- ☒ the physical benefits
- ☐ building muscles
- ☒ the mental benefits
- ☒ the energy you burn
- ☒ how far you go
- ☐ the cost of class



2  **98** Listen again and answer the questions.

- a** Why is Lola confused at the start of the conversation?

She doesn't know what spinning is.

- b** Why does Juan prefer spinning to other sports?

Because there is no competition between people in the class.



- c What kinds of instructions are given during the routines?

When to go faster or slower; when to stand or sit; when to make it harder or easier.

- d What mental benefit does Juan describe?

Feeling confident.

- e What does Lola decide in the end?

To go to spinning class with Juan.

THANK
you!