**import** Foundation

print("please insert the seconds:")

**var** Sec = readLine()

**var** Seconds = Int(Sec!)

**var** Minutes:Int = 0

**var** RemainingSeconds:Int = 0

Minutes = Seconds! / 60

//Check if the seconds entered are not divisible by 60 so that we save the remainder of the division to the variable "RemainingSeconds"

**if**(Seconds! % 60 != 0){

RemainingSeconds = Seconds! % 60

}

//Print the results and check if the value > 1 then add "s" to that word

print("\(Seconds!) second\(Seconds! <= 1 ? "" : "s") are: \(Minutes) minute\(Minutes <= 1 ? "" : "s") and \(RemainingSeconds) second\(RemainingSeconds <= 1 ? "" : "s")")