

PART I: VOCABULARY & PRONUNCIATION (RECAP PART 1)

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Unit 04 Session 01 to Session 09 (Done orally)

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PART II: GRAMMAR / IF CONDITIONAL**HOW TO USE "IF CONDITIONAL"?****If + [] , []****If you follow a healthy diet, you will reduce risks of heart diseases.****[] ... if [] ... []****You will reduce risks of heart diseases if you have a healthy diet.****TYPE 00 CONDITIONAL VS TYPE 01 CONDITIONAL****Type 00 → If + V. condition (**present simple**), V. result (**present simple**)****E.g.: If it starts raining, you get wet. 100% certain (Type 00 → if + present → present)****Type 01 → If + V. condition (**present simple**), V. result (**future simple**)****E.g.: If I am available, we will meet tomorrow. (type 01 → if + present → future)**

THE FUTURE SIMPLE TENSE

[+]: will + verb (stem) → "We will have a session tomorrow."

[-]: will + **not** + verb (stem) → "The child is sick. He will not go to school tomorrow."

MID-SESSION PRACTICE:

Task: put the verbs between brackets in the right form.

1/ For sure, if an overweight man **goes** jogging, he **gets** his knee injured.

2/ It is a well-known fact that if you **don't eat** dairy products, you **deprive** your body of calcium.

3/ if you **don't have** a healthy diet, your performance at work **will be** affected.

4/ We **will not sleep** well **if** we **have** a large meal at dinner. (will not = won't)

PART III: HOME PRACTICE

Task: Put the verbs between brackets in the right form.

1/ *If you (to have) a healthy breakfast, you (to be) energetic throughout the day.

*If you (not / to have) a healthy breakfast, you (not / to be) energetic during the day.

2/ *Your body (to thank) you if you (to stretch) it every morning.

*Your body (not / to thank) you if you (not / to stretch) it every morning.

3/ Salim is allergic to peanut. If he (to eat) some, he (to develop) an allergic reaction.

4/ If kids (not / to consume) dairy products, their bones (to grow) weak.

5/ You (not / to feel) energetic if you (skimp) on fruits and vegetables.

6/ If an athlete (not / to watch) out his diet, he (to gain) weight.

7/ * If the kid (to eat) a variety of foods, he (to grow) healthier.

* If the kid (not / to eat) a variety of foods, he (not / to grow) healthier.