

PART I: VOCABULARY & PRONUNCIATION (RECAP PART 1)

*

Unit 04 Session 01 to Session 09 (Done orally)

*

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.