

Unit 8: Our favourite food

First conditional (1): affirmative and negative / First conditional (2): questions and short answers

PHẦN LÝ THUYẾT (Theory in Vietnamese)

1. Câu điều kiện loại 1 (First Conditional) - Khái niệm

Công dụng: Chúng ta sử dụng câu điều kiện loại 1 để nói về những điều có thể xảy ra trong tương lai. Chúng ta dùng nó khi một hành động phụ thuộc vào một hành động khác.

Ý nghĩa:

- Nói về tình huống có thật hoặc có thể xảy ra trong tương lai
- Một việc sẽ xảy ra **NẾU** một điều kiện nào đó được đáp ứng

Ví dụ:

- **If** we buy some biscuits, we^{**}ll have^{**} something to take to his party. (Nếu chúng ta mua bánh quy, chúng ta sẽ có thứ gì đó để mang đến bữa tiệc của cậu ấy.)
 - **If** we take a home-made fruit cake, we **won't have** to eat unhealthy food. (Nếu chúng ta mang bánh trái cây tự làm, chúng ta sẽ không phải ăn đồ ăn không lành mạnh.)
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2. Cấu trúc câu điều kiện loại 1

Một câu điều kiện loại 1 có **HAI mệnh đề**:

A. If-clause (Mệnh đề If):

- Chứa điều kiện
- Dùng thì **Present Simple** (hiện tại đơn)
- Cấu trúc: **If + S + V (present simple), ...**

B. Will/Won't-clause (Mệnh đề chính):

- Chứa kết quả

- Dùng **will/won't + V (nguyên mẫu)**
- Cấu trúc: ... **S + will/won't + V (base form)**

Công thức tổng quát:

If + S + V (present simple), S + will/won't + V (base form)

Ví dụ:

If-clause	Will/Won't-clause
If we buy some biscuits,	we**'ll have** something to take to his party.
If we take a home-made fruit cake,	we won't have to eat unhealthy food.
If you eat healthy food,	you will be strong and have lots of energy.

3. Đảo vị trí các mệnh đề

Chúng ta có thể đổi vị trí hai mệnh đề:

Cách 1: If-clause trước

- **If** we go home now**, ** we'll have time to make a cake.
- ☐ Có dấu **phẩy (,)** giữa hai mệnh đề

Cách 2: Will/Won't-clause trước

- We'll have time to make a cake **if** we go home now.
- ☐ KHÔNG có dấu phẩy

Lưu ý quan trọng:

- Khi if-clause đứng trước → CÓ dấu phẩy
- Khi will-clause đứng trước → KHÔNG có dấu phẩy

4. Câu điều kiện loại 1 - Khẳng định

Cấu trúc:

If + S + V (present simple), S + will + V (base form)

Ví dụ:

- If you eat healthy food, you **will be** strong.
- If you eat well, you **won't get** ill very often.
- If you have lots of fruit and vegetables every day, you^{**}ll get^{**} all the vitamins you need.

Dạng rút gọn:

- we will = **we'll**
 - you will = **you'll**
 - he will = **he'll**
 - she will = **she'll**
 - it will = **it'll**
 - they will = **they'll**
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5. Câu điều kiện loại 1 - Phủ định

Cấu trúc:

If + S + V (present simple), S + won't + V (base form)

Ví dụ:

- If we take a home-made fruit cake, we **won't have** to eat unhealthy food.
- If you eat well, you **won't get** ill very often.
- If you're tired, you **won't do** as well at school.

Lưu ý:

- won't = will not
 - Sau won't luôn là động từ nguyên mẫu (không chia)
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6. Câu điều kiện loại 1 - Câu hỏi

Cách tạo câu hỏi: Chuyển mệnh đề will/won't thành câu hỏi. Mệnh đề if-clause giữ nguyên.

Cấu trúc:

Will + S + V (base form) + if + S + V (present simple)?

Hoặc:

If + S + V (present simple), will + S + V (base form)?

Ví dụ:

Will/Won't-clause (Question)	If-clause
Will you go to sleep	if you get tired?
Will you find what you need	if you go shopping in supermarkets?

Trả lời ngắn:

- Yes, + S + **will**. (KHÔNG dùng dạng rút gọn)
- No, + S + **won't**.

Ví dụ:

- Will you go to sleep if you get tired?
◦ → Yes, **I will**. / No, **I won't**.

Lưu ý quan trọng:

- Trong câu hỏi và câu trả lời ngắn khẳng định: KHÔNG dùng dạng rút gọn
- ✓ Yes, **I will**.
- ✗ Yes, **I**'ll****.

7. Một số lưu ý quan trọng

1. Không dùng "will" trong mệnh đề if:

- ✗ If you **will eat** healthy food, you will be strong.
- ✓ If you **eat** healthy food, you will be strong.

2. Thì trong mệnh đề if:

- Luôn dùng **Present Simple**, không dùng will
- If it **rains** tomorrow, we **won't go** to the beach.

3. Unless (trừ khi):

- Unless = If ... not
 - You won't pass **unless** you study. = You won't pass **if** you **don't** study.
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BÀI TẬP (Exercises)

Exercise 1: Complete with the correct form of the verbs

1. If we _____ (buy) some biscuits, we'll have something for the party.
 2. If you _____ (eat) healthy food, you will be strong.
 3. If we _____ (go) home now, we'll have time to make a cake.
 4. If you _____ (not eat) well, you won't get all the vitamins.
 5. If it _____ (rain) tomorrow, we won't go to the park.
 6. If she _____ (study) hard, she will pass the exam.
 7. If they _____ (arrive) early, they will get good seats.
 8. If you _____ (be) tired, you won't do well at school.
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Exercise 2: Complete with "will" or "won't"

1. If we take a home-made fruit cake, we _____ have to eat unhealthy food.
 2. If you eat healthy food, you _____ be strong and have lots of energy.
 3. If you don't eat well, you _____ get ill very often.
 4. If you have lots of fruit every day, you _____ get all the vitamins you need.
 5. If you eat too much junk food, you _____ get tired easily.
 6. If you're tired, you _____ do as well at school.
 7. If I go shopping, I _____ buy some vegetables.
 8. If we hurry, we _____ miss the bus.
-

Exercise 3: Match the two halves to make first conditional sentences

Match 1-8 with a-h:

1. ____ If it rains tomorrow,
2. ____ If you study hard,
3. ____ If we leave now,
4. ____ If she doesn't hurry,
5. ____ If you eat all your vegetables,
6. ____ If they don't practice,
7. ____ If I have time,
8. ____ If you don't wear a coat,

a. you'll get dessert. b. we'll arrive on time. c. she'll be late. d. they won't win the match. e. I'll help you with homework. f. we won't go to the beach. g. you'll pass the exam. h. you'll be cold.

Exercise 4: Rewrite the sentences, changing the order

1. If we buy some biscuits, we'll have something for the party. → We'll have something for the party _____
 2. If you eat healthy food, you will be strong. → You will be strong _____
 3. We'll have time to make a cake if we go home now. → If we go home now, _____
 4. You won't get ill if you eat well. → If you eat well, _____
 5. If it rains, we'll stay at home. → We'll stay at home _____
 6. She'll be happy if you come to the party. → If you come to the party, _____
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Exercise 5: Complete the first conditional sentences

1. If I _____ (see) John tonight, I _____ (tell) him the news.
2. If you _____ (not study), you _____ (not pass) the test.
3. If it _____ (be) sunny tomorrow, we _____ (go) to the beach.

4. If she _____ (practice) every day, she _____ (become) a good player.
 5. If they _____ (not leave) soon, they _____ (miss) the train.
 6. If you _____ (help) me, I _____ (finish) quickly.
 7. If he _____ (eat) too much, he _____ (feel) sick.
 8. If we _____ (not hurry), we _____ (be) late.
-

Exercise 6: Write questions using the first conditional

1. you / pass the exam / if / you / study hard? →

 2. they / come to the party / if / we / invite them? →

 3. what / you / do / if / it / rain tomorrow? → _____
 4. she / be angry / if / you / tell her the truth? →

 5. where / you / go / if / you / have a holiday? →

 6. he / help us / if / we / ask him? → _____
 7. what / happen / if / we / be late? → _____
 8. you / buy it / if / it / be cheaper? → _____
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Exercise 7: Write short answers

1. Will you go to sleep if you get tired? → Yes, _____ / No, _____
2. Will they come if we invite them? → Yes, _____ / No, _____
3. Will she be happy if you call her? → Yes, _____ / No, _____
4. Will you find what you need if you go shopping? → Yes, _____ / No, _____
5. Will it rain if those clouds come? → Yes, _____ / No, _____
6. Will he pass if he studies hard? → Yes, _____ / No, _____
7. Will we arrive on time if we leave now? → Yes, _____ / No, _____

8. Will you help me if I ask you? → Yes, _____ / No, _____

Exercise 8: Correct the mistakes

1. If you will eat healthy food, you will be strong. →

2. If we go home now, we have time to make a cake. →

3. If it will rain tomorrow, we won't go out. → _____

4. If you don't study, you don't pass the exam. →

5. Will you go to sleep, if you get tired? → _____

6. If she will come to the party, she'll be happy. →

7. We'll miss the bus if we won't hurry. → _____

8. If you eat well you will be healthy. → _____

Exercise 9: Complete the interview

Complete the interview with TV chef Anton Le Gaston using the first conditional.

Interviewer: What ¹ _____ you _____ (do) if you _____ (get) tired?

Anton: Oh, I'll make my TV show as usual. A chef has to work hard every day!

Interviewer: What about ingredients? If you ² _____ (go) shopping in supermarkets,
³ _____ you _____ (find) what you need?

Anton: No, I won't. Next week in London, I'll try to buy lots of fresh, healthy food if I
⁴ _____ (can) find some farmers.

Interviewer: What ⁵ _____ you _____ (cook) if you ⁶ _____ (find) good ingredients?

Anton: If I ⁷ _____ (have) good asparagus, I ⁸ _____ (make) my special asparagus soup!

Exercise 10: Complete the text about healthy eating

Use the first conditional to complete the text.

Healthy children eat healthy food. If you ¹ _____ (eat) healthy food, you ² _____ (be) strong and have lots of energy. Healthy food doesn't have much sugar, salt or fat and it isn't made with additives. If you ³ _____ (eat) well, you ⁴ _____ (not get) ill very often and if you ⁵ _____ (have) lots of fruit and vegetables every day, you ⁶ _____ (get) all the vitamins you need to grow. But you ⁷ _____ (get) tired easily if you ⁸ _____ (eat) too much junk food, and if you're tired, you ⁹ _____ (not do) as well at school.

Exercise 11: Write your own first conditional sentences

Complete these sentences with your own ideas:

1. If it's sunny this weekend, _____
 2. If I have free time tonight, _____
 3. If I study hard, _____
 4. If my friend calls me, _____
 5. If I don't do my homework, _____
 6. If we go shopping tomorrow, _____
 7. If it rains on Saturday, _____
 8. If I eat too much candy, _____
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Exercise 12: Chain sentences

Complete the chain. The second part of one sentence becomes the first part of the next sentence.

1. If I wake up early tomorrow, I'll go jogging.
 2. If I go jogging, _____
 3. If _____, I'll feel healthy.
 4. If I feel healthy, _____
 5. If _____, I'll have more energy.
 6. If I have more energy, _____
-

Exercise 13: Translate to English using first conditional

1. Nếu bạn ăn thức ăn lành mạnh, bạn sẽ khỏe mạnh. →

2. Nếu trời mưa, chúng tôi sẽ không đi công viên. →

3. Nếu cô ấy học chăm chỉ, cô ấy sẽ đậu kỳ thi. →

4. Bạn sẽ đến bữa tiệc nếu tôi mời bạn không? →

5. Nếu chúng ta không nhanh lên, chúng ta sẽ trễ. →

6. Nếu anh ấy ăn quá nhiều, anh ấy sẽ cảm thấy ốm. →

7. Họ sẽ thắng trận đấu nếu họ tập luyện. → _____

8. Nếu tôi có thời gian, tôi sẽ giúp bạn. → _____

Exercise 14: Writing - Health advice

Write 6 sentences giving health advice using the first conditional. Use these prompts or your own ideas:

- eat fruit and vegetables
- drink water
- exercise every day
- sleep 8 hours
- not eat junk food
- not watch too much TV

Example: If you eat fruit and vegetables every day, you will be healthy.

1.

2.

3.

4.

5.

6.

Exercise 15: Writing - What will happen?

Write a short paragraph (6-8 sentences) about what will happen in these situations. Use the first conditional.

Situation: Your school is having a big sports day next week.

Think about:

- What will happen if the weather is good?
- What will happen if it rains?
- What will happen if your team wins?
- What will happen if you practice hard?

Chúc bạn học tốt! Good luck with your studies! 🍀