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DEADLINE:	08-06-2021	TRIMESTER:	II	SUBJECT:	INGLÉS
				AREA:	HUMANIDADES

TOPICS:	Modal verbs / should	SKILLS:	Reading and writing
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STUDENT'S NAME:		COURSE:	9__
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"APRENDE EN CASA" WORKSHOP No. 9

"A HEALTHY LIFE"

Read and practice.

**GIVING ADVICE**



I am heavy. I weigh 120 kilos.  
What should I do?

You should exercise every day.

What kind of food should I eat?

You should eat vegetables, but  
you shouldn't eat fast food.

Thank you.



**LOOK!**

**MODAL SHOULD**

We use should or shouldn't to give positive or negative advice.

**Positive**

You **should** eat ...

She **should** eat ...

**Negative:** should + not = shouldn't

You **shouldn't** eat ...

She **shouldn't** eat ...

**Questions**

**Should** I eat ...?

**Should** she eat ...?

**SHOULD + verb**

**Short answers**

Yes, you **should**.

No, she **shouldn't**.

You **should** exercise every day. = It's a good idea to exercise every day.

You **shouldn't** eat fast food. = It's **not** a good idea to eat fast food.

**Should** I watch TV all the time? = Is it a good idea to watch TV all the time?

Write some tips for a healthy diet. Use *should* and *shouldn't* in the sentences.

**A HEALTHY DIET**

*You should*

.....  
.....  
.....

*You shouldn't*

.....  
.....  
.....



Write sentences with *should* + the words in the boxes.

**What should you do to be healthy?**

*Good recommendations to be in good health*

**You should**

do  
practice  
sleep  
drink  
have  
go  
eat

2 liters of water a day  
to the gym  
a balanced diet  
7 hours a day  
sports  
aerobics  
a physical check-up once a year

1. *You should do aerobics* .....
2. ....
3. ....
4. ....
5. ....
6. ....
7. ....

Write sentences with **should** + the words in the boxes.

# What shouldn't you do to be healthy?

## Negative things for your health

You shouldn't

take  
smoke  
go  
drink  
eat

a lot of alcoholic drinks  
junk food  
cigarettes  
drugs  
to bed late

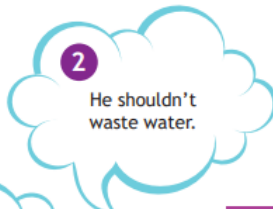
1. *You shouldn't take drugs* .....
2. ....
3. ....
4. ....
5. ....

Complete the sentences with **should** or **shouldn't**

1. If you want to sleep well, you \_\_\_\_\_ drink coffee.
2. When you play soccer, you \_\_\_\_\_ run after the ball.
3. They are too young. They \_\_\_\_\_ get married.
4. I don't think we \_\_\_\_\_ stay here. The hotel is too expensive.
5. I have an examination tomorrow so I \_\_\_\_\_ watch TV now.
6. That is my problem. What \_\_\_\_\_ I do?
7. James isn't well today. He \_\_\_\_\_ go to work.
8. You \_\_\_\_\_ eat a lot of vegetables every day.

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Read the sentences and answer the questions a-e.



78 8. Say it!  
Practise the sound /f/.  
Listen and repeat.  
Should Shelley shop for shoes?

- a. Are these sentences making suggestions or giving an order?
- b. Which sentence is saying not to do something?
- c. Which sentences are saying to do something?
- d. Does the word **should** change for different parts of speech (*I, you, he, she, we, they*)?
- e. How do you form a question?

Write sentences to give advice to a friend who wants to help the environment. Use the words in the box or your own ideas and *should / shouldn't*.

eat less meat    have shorter showers    throw away plastic bags  
 recycle your rubbish    turn off the lights    travel everywhere by car  
 waste food    save water    walk or cycle

Example: You should eat less meat. / You shouldn't throw away plastic bags.

In your notebook, complete the sentences with the words in the box.

dentist    doctor    exercise    fit    hands    soap    toothbrush

To keep healthy you should:

- wash your (1) \_\_\_\_\_ with (2) \_\_\_\_\_ and water after going to the toilet.
- visit the (3) \_\_\_\_\_ twice a year and get a new (4) \_\_\_\_\_ every month.
- eat healthy food and do (5) \_\_\_\_\_ to keep (6) \_\_\_\_\_.
- visit the (7) \_\_\_\_\_ every six months for a check-up.

Read the text and complete it with the sentences of the exercise before.

### HEALTHY SCHOOLS CAMPAIGN

Our school runs an annual 'healthy school' campaign to teach students basic health care. It's a **really** important part of education because a healthy body means a healthy mind. Here are some of the things we learn:

check up = chequearse  
 disease = enfermedad  
 floss = seda dental  
 spread = propagarse

#### Annual check-up

Many students only go to the doctor's when they are extremely ill. However, our school advises students to have regular health checks and to (1) \_\_\_\_\_. Every term the school doctor asks us to complete a questionnaire about our diet, exercise and sleeping habits.  
 Paul, 16 years old.



#### Time to brush!

At the beginning of the school year there is a campaign to encourage students to clean their teeth. The teachers invite dental experts to teach us how to brush our teeth properly. At the end, they give us an **incredibly** useful kit: a toothbrush, some toothpaste and floss. They then remind us to (3) \_\_\_\_\_.  
 Annie, 12 years old.



#### Now wash your hands!

You'll see this sign in public toilets. Don't forget to (2) \_\_\_\_\_. This **very** simple action is an easy way to prevent diseases from spreading. Wash your hands regularly throughout the day, before preparing and eating food and after travelling on public transport. Always think ... now wash your hands!  
 Jan, 15 years old.



#### Do you have a balanced diet?

Many students have bad diets. They often bring sugary snacks and fizzy drinks to school in their lunch boxes. It's **really** obvious that this is bad for you: eating the wrong types of food can make you overweight and give you health problems. At our school, we have posters everywhere saying (4) '\_\_\_\_\_'.  
 Lola, 14 years old.



¡AUTOEVALUÉMONOS!

Responde las siguientes preguntas con toda sinceridad, según tu parecer:

A. ¿Qué aprendiste al realizar los ejercicios propuestos?

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B. ¿De las actividades propuestas, qué se te facilitó más?

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C. ¿Qué se te dificultó?

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D. ¿Consideras que necesitas refuerzo en algún tema o en alguna actividad específica?

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