

OBJECTIVE

To give advice about health through a letter

COURSE SUMMARY**Vocabulary related to health and sports :**

- Keeping fit
- More dynamic person
- Less breathing problems
- Less stressed
- Good for the heart and the blood pressure
- Balanced physical and mental efforts
- Have fun

If-Clause, Type 2 :

- Use : Hypothetical situation (imagination or dream not possible in the present time)
- Rule : If + past simple + would + inf without to
- Example : If I had dizziness, I would/I'd talk to the doctor
 - If I were you, I would (+INF expressing advice)

Activity 1

- **Read**

Dear Kate,

I'm writing in response to your letter which asked me for health advice.

Here is some advice you should follow in order to keep fit: every morning, you should do 5 minutes of sports, like skipping or running. Then you should eat a healthy breakfast like milk with banana. Lunch should be your main meal of the day, but it should be salad or fruit with only a little meat. You can take a 20-minute rest in the afternoon if you are tired. Then dinner should not be too late and should be lighter than lunch and mainly vegetables. In the evening, you should turn off phone and computer two hours before bed time. You should go to bed no later than 11 o'clock and should not sleep with your phone in the same room. Your room should have heavy curtains and be very dark for sleeping.

With love,
Ninah

- **Complete the chart**

Sender	Receiver	5 advices
		1.
		2.
		3.
		4.
		5.

Activity 2

Put the verbs in brackets into the gaps. Form a Conditional sentence – type II.

1. If I (to come) home earlier, I (to prepare) dinner.
2. If we (to live) in Rome, Francesco (to visit) us.
3. If Tim and Tom (to be) older, they (to play) in our hockey team.
4. If he (to be) my friend, I (to invite) him to my birthday party.
5. If Susan (to study) harder, she (to be) better at school.
6. If they (to have) enough money, they (to buy) a new car.
7. If you (to do) a paper round, you (to earn) a little extra money.
8. If Michael (to get) more pocket money, he (to ask) Doris out for dinner.
9. If we (to win) the lottery, we (to fly) to San Francisco.
10. If I (to meet) Brad Pitt, I (to ask) for his autograph.

Activity 3

Look at the situations below, then offer solutions as in the example. Use 2nd Conditional

Example :I want to make a present for my mother. (buy her flowers) Answer: If I were you, I would buy her flowers.

1. I am tired. (**go to bed**)
2. I want to lose some weight. (**join a gym**)
3. It's so sunny outside. (**walk outside**)
4. John needs my help. (**help John**)

Activity 4

Match these sentences

A

- 1-If I had her phone number,
- 2-He'd love the concert
- 3-If he ate healthy food,
- 4-I wouldn't eat so much fast food

B

- a- he wouldn't be sick.
- b- if I were you.
- c- I would call her.
- d- if he was with me.

Activity 5

Write a letter where you give advice to your friends about health.