

12 Be the Healthiest Me

Date : _____

Grade : _____



Grammar Notes

Conditional Sentences 2



We use **conditional sentences (type 2)** to talk about unreal situations. A conditional sentence has two parts: an *if*-clause and a main clause. In a **type 2 conditional sentence**, we use the simple past tense in the *if*-clause to talk about the situation, and 'would' with a bare infinitive in the main clause to talk about what would happen in that situation. We can use **type 2 conditional sentences** to give advice.

Grammar Tip

'I'd' is the short form of 'I would'. We use it more often in spoken English.

If	I were	Jasper, you,	I would take the pills and get some rest.
			I'd eat vegetables of different colours.

If-clause: unreal situation
(simple past tense)

main clause: imaginary result
(‘would’ + bare infinitive)

We can change the order of the two clauses in a **conditional sentence**. We do not need a comma when the main clause is put at the beginning of the sentence.

I would not stay up late	if	I were you.
I would bring along a jacket		I were Lucas.

Common Errors

- ✓ If I **were** you, I would go to bed earlier.
- ✗ If I **was** you, I would go to bed earlier.

Grammar Tip

We usually use 'was' for the first person singular subject 'I', e.g. I was a baby. However, in 'if I were you', the verb 'were' is used instead of 'was' to talk about something imaginary.

1. If I **was / were** you, I wouldn't play video games for hours.
2. If I **was / were** the chef, I would cook a healthy meal.
3. I would spend more time doing exercise if I **were / was** him.

Warm-up

A The school nurse is giving some tips on how to stay healthy. Put a '✓' in the box next to each correct sentence.

1. I'd drink more water every day if I am you.
2. If I were John, I'd choose a dish with more vegetables.
3. If I were Vicky and Victor, they would have a healthier diet.
4. If I were Terrence, I buy less fast food because it is too oily.
5. I'd try to spare some time for daily exercise if I were Judy.
6. If I were Jasper, I would brush my teeth carefully to avoid tooth decay.
7. If I were you, I would take a short break after doing homework.



B Some of Jasper's classmates are feeling unwell. Circle the correct answers.

1. Kenny is coughing. If I **was / were** him, I **will take / would take** some cough syrup and drink more water.
2. Lily not only has a runny nose but also keeps sneezing. If I **were / am** her, I **cover / would cover** my nose and mouth with a tissue.
3. Carl's eyes are dry. He has played games on his smartphone for hours. If I **was / were** him, **I will stop / I'd stop** for a while.
4. Dan has a cold. He feels very tired. If I **were / am** him, **I'd take / I'll take** some medicine and stay in bed.
5. Polly's stomach is in pain. She ate something unclean in the street. If I **was / were** her, I **will see / would see** the doctor immediately.
6. Lucas has a toothache. If I **would be / were** him, I **would floss / floss** every night before I go to bed.
7. Vicky is having a fever. **I will go / I'd go** home and take a rest if **I were / I'd be** her.



Practice



Ellie is talking with her friend during recess. Complete their conversation with the correct form of the given verbs.



: Ellie, have you heard that many students in class 6B were absent today? It seems that they have caught a cold because of the unsettled weather these days.



: Yes, I have. If I ① _____ (be) them, I ② _____ (pay) more attention to my wellness when the weather is getting unseasonably cold.



: That's true. I want to be healthy too. What should I do exactly?



: That's easy. If I ③ _____ (be) you, I ④ _____ (begin) with a balanced diet. I also highly recommend you develop a habit of doing exercise regularly. If I ⑤ _____ (be) you, I ⑥ _____ (exercise) five times a week.



: Really? We have so much homework every day. Also, I'm exhausted because of the tight schedule. I don't think I can do it!



: Come on, Judy. If I ⑦ _____ (be) you, I ⑧ _____ (manage) my time better. We can set some targets and keep a timetable.



: Okay. Let me start from today. Oh, the bell rang. I ⑨ _____ (head) back to the classroom now if I ⑩ _____ (be) you.



Hint: Q9 & 10

Identify the *if*-clause and the main clause first.

Proofreading



There is one mistake in each numbered line. Correct the underlined mistakes for Questions 1-2. Underline and correct the mistakes for Questions 3-7.

- Eric fell asleep in class again today. If I were him, he would 1. _____
- gone to bed earlier the night before. Our English teacher Mr 2. _____
- So found him sleeping and scolded him. If I were Mr So, I'll call 3. _____
- his parents and told them what he did in class. I know Eric 4. _____
- always stays up late to play computer games. I will set a time 5. _____
- limit for myself if I am him. Also, it is important to have 6. _____
- enough sleep. Therefore, I would go to 7. _____
bed late at night if I were him.



Hint: Q4

Read the whole sentence carefully.

Grammar in Context



Text Type:

Magazine advice column



Ellie is reading an advice column in a magazine for children. Complete the column with the correct form of the given verbs.

be bring cook eat exercise look remind stop visit wear



Hint: Q3

You do not need to repeat the modal verb 'would'.

Ask Dr Wu

Dr Wu is here to answer any questions about health!

Q: My mum thinks I'm too fat. I am worried that I may be overweight. What should I do?

A: If I ① _____ you, I ② _____ less fatty food and ③ _____ more often.

Q: My friend Amy loves soft drinks. She drinks them every meal. Yesterday, she found that she had tooth decay. What should she do?

A: If I ⑧ _____ Amy, I ⑨ _____ the dentist. If I ⑩ _____ you, I ⑪ _____ my friend to drink more water.

Q: I have trouble falling asleep at night. Could you please help me?

A: If I ⑬ _____ you, I ⑭ _____ looking at the screens before bed.

Q: The weather is cold and I am a bit under the weather. I keep sneezing and blowing my nose. It is so embarrassing! What should I do?

A: If I ④ _____ you, I ⑤ _____ a mask when I go outside. If I ⑥ _____ someone with nose allergy, I ⑦ _____ tissues with me all the time.

Q: My mum started making healthy meals. However, the meals are bland and tasteless. How can she make them taste better?

A: If I ⑫ _____ your mum, I ⑬ _____ for healthy dishes that are tasty and easy to make. Besides, if I ⑭ _____ you, I ⑮ _____ together with my mum so that I can choose the ingredients I like in my meals.



Hint: Q17

We should avoid using electronic devices before we sleep.

