

Total English

Pre-intermediate

First Conditionals

1 Fill in the gaps in the following sentences using the First Conditional.

- 1 If you _____ (not/exercise) and eat healthily, you _____ (put) on weight.
- 2 If we _____ (go) to the cinema, we _____ (buy) some popcorn.
- 3 If he _____ (go) to the gym, he _____ (get) quite muscular.
- 4 If you _____ (not/dress) warmly, you _____ (catch) a cold.
- 5 She _____ (feel) sick if she _____ (eat) too much chocolate.
- 6 If you _____ (stretch) your arms and legs after exercise, you _____ (feel) much better!
- 7 You _____ (get) stomachache if you _____ (eat) too much fruit.
- 8 If we _____ (walk) there, it _____ (take) us about twenty minutes.

2 Complete the sentences below in the First Conditional using the prompts to help you. Use the 2nd person singular.

- 1 ☐ do Tai Chi/be more relaxed
- 2 ☐ drive slower/passengers feel safer
- 3 ☐ suck cough sweet/sore throat get better
- 4 ☐ eat too late/not sleep
- 5 ☐ not lift heavy items properly/hurt back
- 6 ☐ drink milk/stomachache go
- 7 ☐ take vitamins/have more energy
- 8 ☐ drink eight glasses of water a day/ skin be sparkling!

3 Now swap with your partner and read through each other's answers. Are they the same? Now underline any mistakes and give the work back to



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your partner to correct if necessary!

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TEACHER'S NOTES:

Aim: to provide further practice of First Conditionals as well as describing physical appearances. This worksheet is designed to be used in conjunction with unit 7.1.

Time: 40 minutes maximum

Materials: photocopies of the worksheet for each student.

- 1 Tell students they have to construct complete sentences using the First Conditional and the cues in brackets. If necessary do the first one with them as an example. Check answers with the class.

Answers: 1 don't exercise/you'll put in weight 2 go/we'll buy
3 goes/he'll get 4 don't dress/you'll catch 5 She'll feel/eats
6 stretch/you'll feel 7 you'll get/you eat 8 walk/it'll take

- 2 Tell students they have to construct complete sentences using the prompts 1-8. Make sure they use the 2nd person singular so if necessary do the first one with them as an example.

Answers: 1 If you do Tai Chi, you'll be more relaxed. 2 If you drive slower, the passengers will feel safer. 3 If you suck a cough sweet, your sore throat will get better. 4 If you eat too late, you won't sleep. 5 If you don't lift heavy items properly, you'll hurt your back. 6 If you drink milk, your stomachache will go. 7 If you take vitamins, you'll have more energy. 8 If you drink eight glasses of water a day, your skin will be sparkling!

- 3 This exercise gives some freedom to the students because they can swap and study each other's work for correct use of the First Conditional as well as any vocabulary spelling errors. Get feedback from the class.



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