GRAMMAR

First conditional with different conjunctions & modals

1 Complete the blog with the correct form of the verbs and *if*, *unless* or *when*.

This week's hot topic: stress!	
¹ When / Unless you	re a really chilled person, you
2	(know) what stress is.
	e point or another 8. Your heart beats
a little faster, you get a	a headache and maybe you feel a bit
sick. Don't worry, it's a	all perfectly normal. 3 If / Unless you
	(follow) this advice,
you'll feel a lot better.	
■ 5 If / Unless you red	cognize the symptoms, you
6	(not be able) to do
anything about it.	
 So, now that you'v 	re recognized that you're feeling stressed
take a deep breath	and count to ten: 7 when / unless
you do this, you 8	(fee
calmer already.	
• 9 If / Unless you 10	
(slow) down your	breathing, you won't be able to think
clearly or calm dov	wn.
• 11 If / Unless you fi	nd it difficult to breathe more slowly,
you 12	(have to)
practise a bit.	200 11 1 2
It all takes time, but pra	actice makes perfect. Go on – give it a go

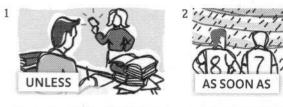
2 Complete the dialogue with the verbs and conjunctions from the box.

as soon as get home not go if print

text unless until (x2) want Eve: Rob, can you remind me when our flight leaves next Saturday? Rob: Sure. I'll text you 1_____ Eve: Great, thanks. I won't pack my case 3_ ___me. Rob: Okay, sounds like a plan. But you've got all week to pack. Eve: I know, but I like to be organized. What about the boarding passes? Rob: Don't worry. We can't 5 _____ we check in online. Eve: When do we have to do that? You didn't mention that before. Rob: Well, 7_____ to pay another €75, you have to check in 24 hours before the flight. We just have to wait until the day before. Eve: Okay, okay. I'd better go now. Rob: Yes, you'd better. 9 definitely won't be ready by next weekend!

3 Look at the pictures. Write first conditional sentences with the prompts in the box.

I/not leave the house/get better
my little sister/not eat anything/have/ketchup/on it
they/not book a holiday/have/enough money
we/start the game/rain/stop
you/finish your homework/not go/to the party
you/not work harder/not get/good results











- 4 Rewrite the sentences with an appropriate modal or imperative in the second half.
 - 1 If I get good exam results, it's possible my parents will buy me a new laptop.
 - 2 If you want to feel less stressed, signing up for lots of activities is not the best idea.
 - 3 If it's nice weather at the weekend, maybe we will be able to go for a bike ride ☺.
 - 4 If my dad gets the new job, there's a possibility we'll move to Rome ⊗.
 - 5 If you want to study medicine, it's essential that you do well in your Science exams.