

Unit 2: School

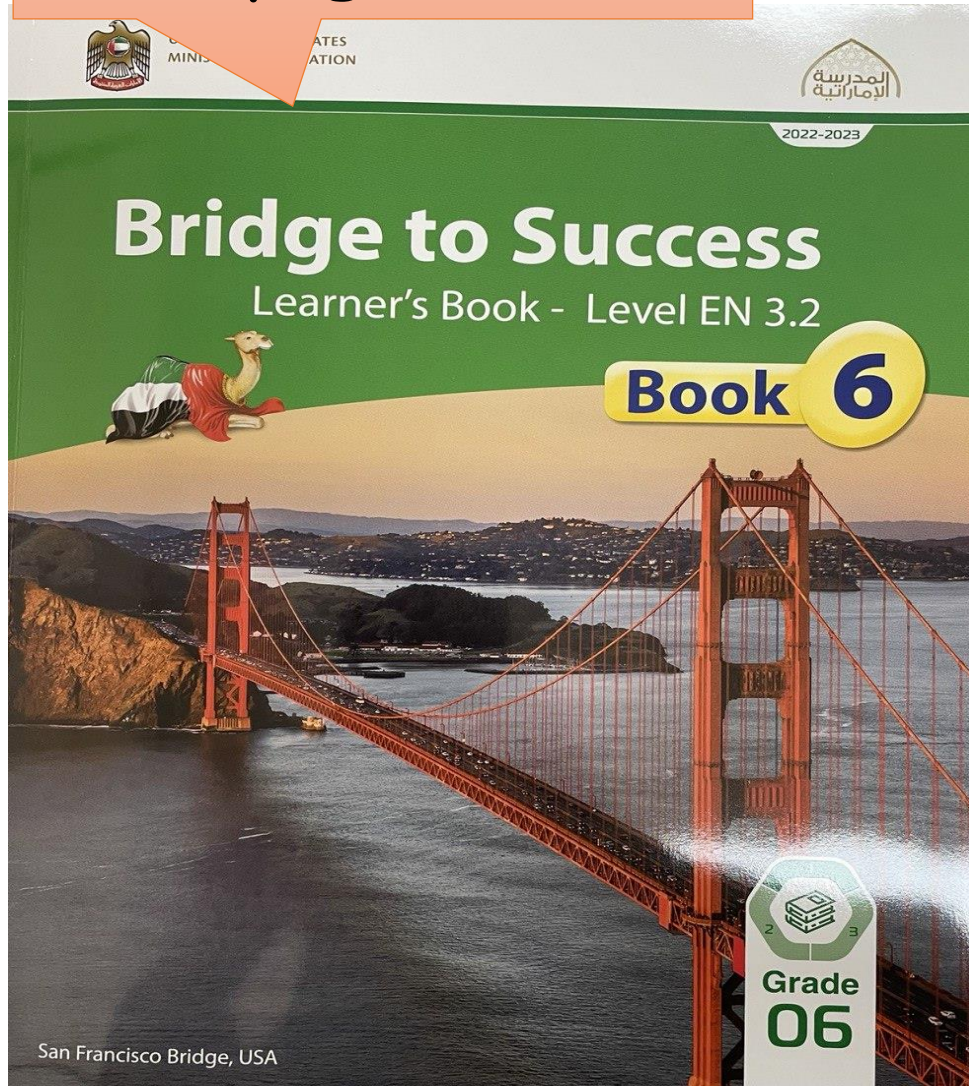
Lesson 4

Study tips

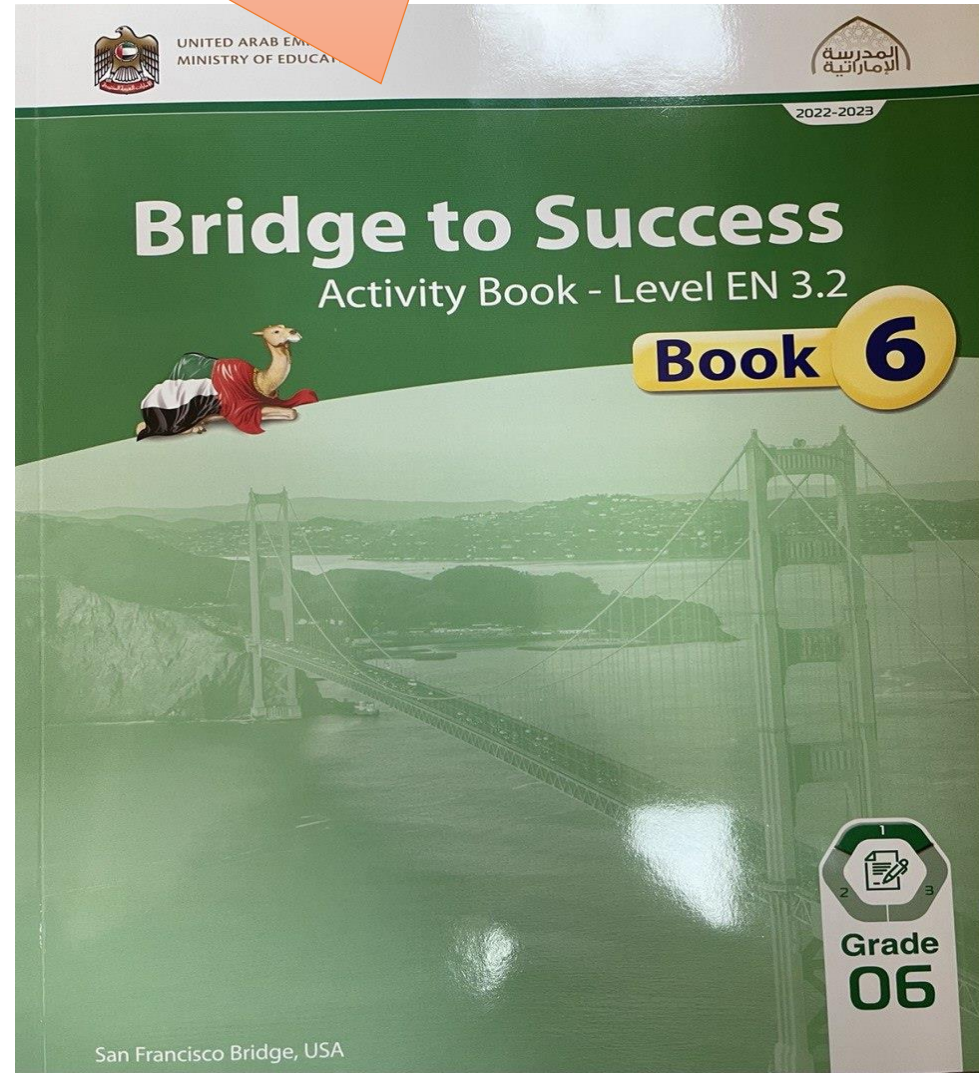
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Learning objectives:

Reading: To read a text looking for examples of the first conditional.

Speaking: To discuss ideas for study tips using the first conditional.

Writing: To create a poster with study tips written in the first conditional.

1 Talk about it

How do you do your best?

Who gives you advice?

Do you ever give advice to others?

Key vocabulary:



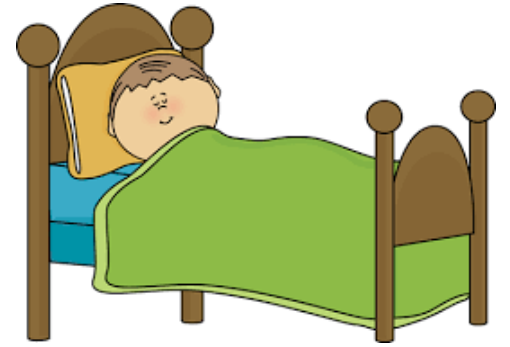
Study



brain



Eat



Sleep



Exercise



Drink

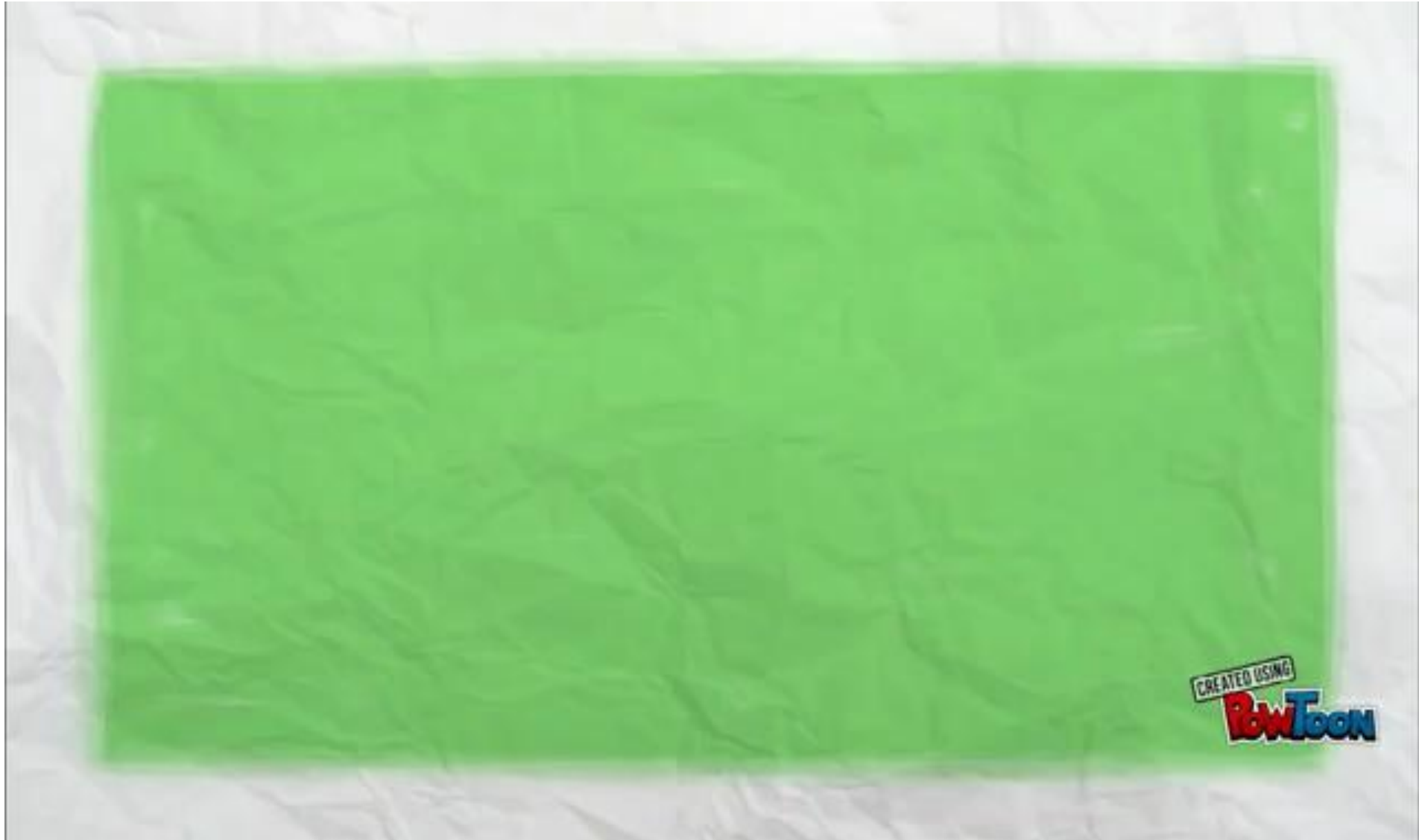


Energy



Problem

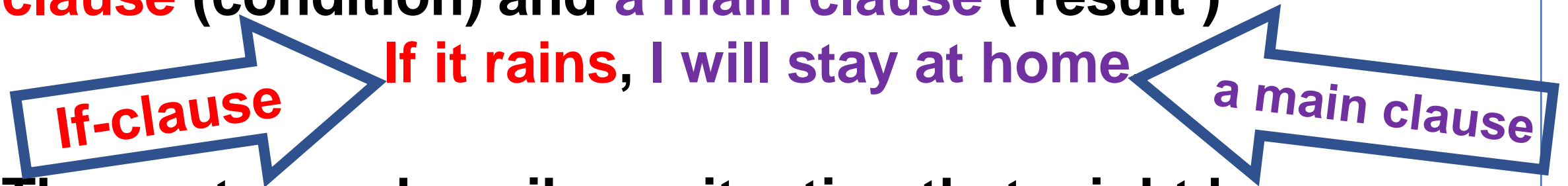
Watch the video. List some healthy tips in the LMS



Grammar

Conditional

Conditional is a type of sentence that is made of an **If-clause** (condition) and **a main clause** (result)

 **If it rains**, I will stay at home

The sentence describe a situation that might happen.

The sentence usually starts with **if**.

If it rains, I will stay at home.

Note that the if-clause can be first or the second part of the sentence.

I will stay at home **if it rains**.

2 Use of English

1st conditional

if + **present simple** + **will/won't** + **verb**

Refers to a situation that is possible or realistic.

Example

If I go to the shops, I will buy something.

If I study hard, I will pass my exams.

2 Use of English

1st conditional with if

We use the first conditional to express future events that are likely to happen. We form the structure with

if + **present simple** + **will/won't** + **verb**

If you **drink** plenty of water, you'**ll be** able to concentrate better in class.

Your body **won't grow** as well if you stay up late every night.

2 Use of English

Read the Use of English box. Complete these sentences by matching the sentence halves.

-
- 1 She won't let you eat any chocolate, **a if you don't drink enough water.**
- 2 You'll be able to concentrate better **b I won't know how to help.**
- 3 If you eat less sugary food, **c if it's not dark chocolate.**
- 4 We'll have to stay in and study **d if you get enough sleep.**
- 5 Unless you tell me the problem, **e you'll have more energy.**
- 6 You'll feel tired **f if the test is tomorrow.**

Look back at the quiz and the tips for a good day at school in Lesson 3. How many examples of the first conditional can you find?

2 If you eat sugary food, you'll have enough energy to study for a long time.

4 If you drink plenty of water, it'll help you to concentrate better.

(From Tips for a good day at school)

If you eat these foods, you'll get a quick energy lift.

If you drink plenty of water, you'll be able to concentrate better in class.

Your body won't work as well if you don't plenty of sleep.

4 Use of English

Use the prompts to make sentences. Use the correct form of the verbs.

a have energy / to do homework / if enough sleep

You'll have energy to do your homework if you get enough sleep.

4 Use of English

b if eat fish and vegetables / your brain / remember things more easily

b If you eat fish and vegetables, your brain will remember things more easily.

c be able to concentrate / if eat / wholemeal bread and fruit

c You will be able to concentrate if you eat wholemeal bread and fruit.

d work well / if eat healthy food

d You will work well if you eat healthy food.

e if enough exercise / memory improve

e If you get enough exercise, your memory will improve.

5 Write

Make a learning tips poster. Use first conditional sentences.



Go to bed at 7.30 pm. If you get lots of sleep, you'll be able to learn things more quickly and easily.

Use of English Read the Use of English box. Choose the correct word to complete the sentences.

1 If you **use** / will use pictures, you'll remember things better.

2 If you are worried about something, you **won't** / don't concentrate well.

3 You will remember important information, if you **make** / will make good notes.

Lesson 4 Study Tips

Activity book p. 14

Use of English Read the Use of English box.
Choose the correct word to complete the sentences.

4 If you feel relaxed, you would / will study better.

5 If you will find / find a quiet place to work, you will study well.

6 If you can / could teach the information to someone else, you will

Lesson 4 Study Tips

Activity book p. 14

2 Use the pictures and prompts to write more advice about good study habits. Make a sentence for each picture using if.

1 sleep / study

If you sleep well, you'll study better.



2 drink water / concentrate

If you drink plenty of water, you'll concentrate better.



3 do exercise / remember

If you do exercise, you'll remember things better.



4 eat healthy food / energy

If you eat healthy food, you'll have energy

