



A Healthy Living

Quick Survey



Quick Survey

1. The number of hours you spend surfing the Internet



Quick Survey

A man and a woman are sitting on a wooden bench outdoors. The man, on the left, is smiling and holding a white mug. The woman, on the right, is also smiling and holding a white mug. A small pug dog is sitting between them, looking towards the camera. The background is a wooden wall.

**2. Something
that can lift
your mood**

Quick Survey

**3. One of
your hobbies**



Quick Survey

4. Your “methods” for staying fit





จุดประสงค์การเรียนรู้

1. พูดยุแสดงความคิดเห็นเกี่ยวกับวิธีการดำเนินชีวิตให้มีสุขภาพดีของบุคคลได้
2. พูดยแนะนำเกี่ยวกับกิจกรรมที่ควรทำเพื่อให้มีสุขภาพที่ดีในการดำเนินชีวิตได้



Vocabulary

Read the words in the box carefully and then match them with the pictures below:



drink more water

limit screen time

exercise

avoid processed food

sleep well

keep a healthy weight

take up a new hobby

relax

eat well

plan the week

get enough vitamin D

spend time with friends



keep a healthy weight



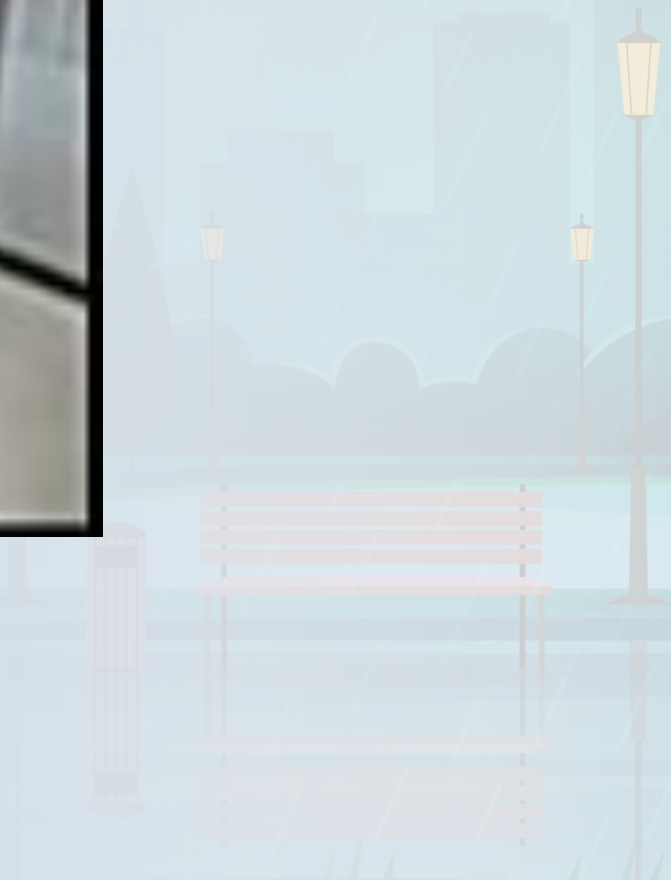
take up a new hobby



avoid processed food



relax





sleep well



limit screen time



get enough vitamin D



exercise



plan the week



spend time with friends



drink more water



eat well

Discussion: Which of these things do you like doing?
And which do you think you must work on improving?



keep a healthy weight



take up a new hobby



avoid processed food



relax



sleep well



limit screen time



get enough vitamin D



exercise



plan the week



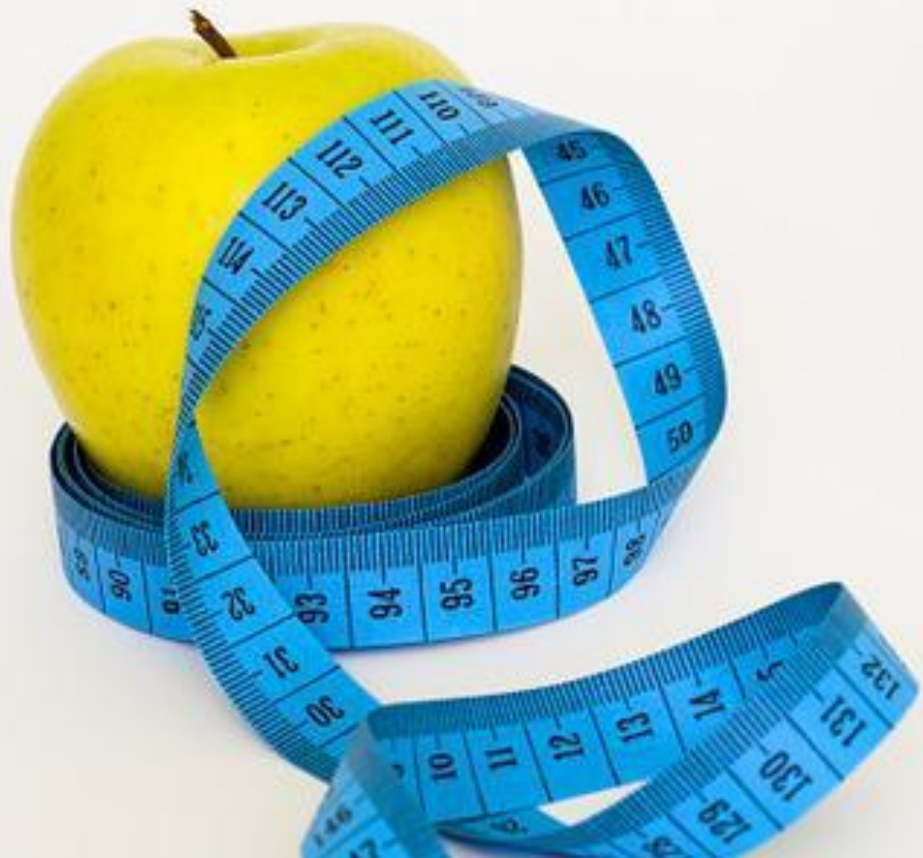
spend time with friends



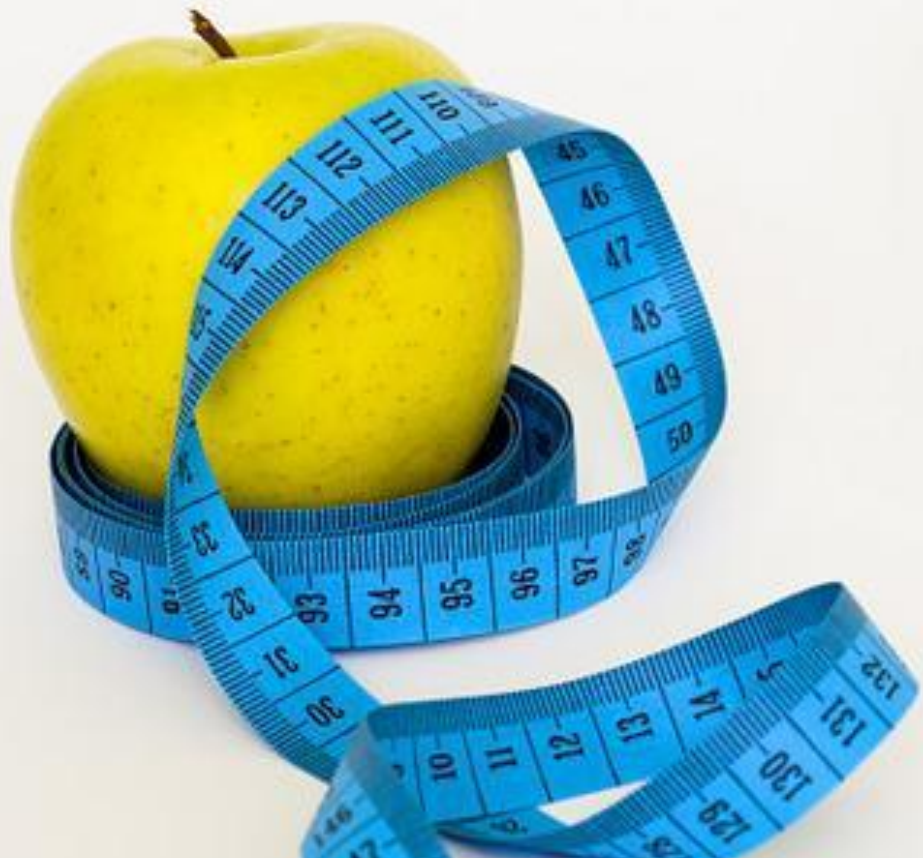
drink more water



eat well



Modal Verbs for **Necessity** and **Advice**



Modal Verbs for **Necessity**

Modals of Necessity or Obligation

(a duty or commitment)

Must and **have to** express the obligation.

must

The speaker thinks
it is necessary.

have to

Someone else thinks
it is necessary.

Must and **have to** express the obligation.

must

The speaker thinks
it is necessary.

have to

Someone else thinks
it is necessary.

You **must** come.

(You are obliged to come.)

You **have to** come.

(I require that you come)

(There's a rule requiring you to come)

Note: “Must” refers to an internal feeling whereas “have to” can also refer to an external obligation. e.g. rule, a time, limit. etc.

Mustn't expresses prohibition.

(the act of officially not allowing something)

You mustn't drive.

You are not allowed to drive.



Don't have to means there is **NO** obligation to do something.

You don't have to drive.

You are not obliged to drive
but you can if you want to.





Grammar

Exercise 1:

Must or **Have to**



Claire is an architect. She has just started her new job.

Complete the sentences below using **must/have to/mustn't/don't have to**.

1. She has to work 8 hours every day.



Claire is an architect. She has just started her new job.

Complete the sentences below using **must/have to/mustn't/don't have to**.

2. She **mustn't** smoke at work. The building is a non-smoking area.



Claire is an architect. She has just started her new job.

Complete the sentences below using **must/have to/mustn't/don't have to**.

3. She doesn't have to wear very formal clothes.
The office has a relaxed dress code.



Claire is an architect. She has just started her new job.

Complete the sentences below using **must/have to/mustn't/don't have to**.

4. She has to wear a hard hat when visiting a building site, according to safety regulations.



Claire is an architect. She has just started her new job.

Complete the sentences below using **must/have to/mustn't/don't have to**.

5. She has to meet clients every day. Her work involves a lot of meetings.



Claire is an architect. She has just started her new job.

Complete the sentences below using **must/have to/mustn't/don't have to**.

6. She must work hard if she wants a promotion.



Claire is an architect. She has just started her new job.

Complete the sentences below using **must/have to/mustn't/don't have to**.

7. She doesn't have to get up early every day. She can work flexible hours.



Claire is an architect. She has just started her new job.

Complete the sentences below using **must/have to/mustn't/don't have to**.

8. She **mustn't** park her car near the building entrance. That space is reserved for the director.



Modal Verbs for **Advice**

Should and **shouldn't** are used to give advice or to talk about what we think is right or wrong.

should

You **should** means something like I think it is **a good idea** for you to do it.

“You should stop eating fast food.”

Should and **shouldn't** are used to give advice or to talk about what we think is right or wrong.

shouldn't

You **shouldn't** means something like I think it is **a bad idea** for you to do it.

“You shouldn't exercise on a full stomach.”



Grammar

Exercise 2:

Should or Shouldn't

Grammar Exercise 2: Should or Shouldn't

Give your friend advice using should or shouldn't and one of the phrases below.

be so careless

eat so much cake

go to bed earlier

have an eye test

quit your job

take up a new hobby

try to relax more

use your phone all day

1. "I am always tired during the day."

You

2. "I need to lose weight."

You

3. "I'm very stressed these days."

You

4. "I feel bored."

You

5. "My purse was stolen again!"

You

6. "I can't see very well."

You

7. "My boss is driving me crazy!"

You

8. "My phone bill is really expensive."

You



Grammar Exercise 2: **Should** or **Shouldn't**

be so careless

go to bed earlier

quit your job

try to relax more

eat so much cake

have an eye test

take up a new hobby

use your phone all day

Grammar Exercise 2: **Should** or **Shouldn't**

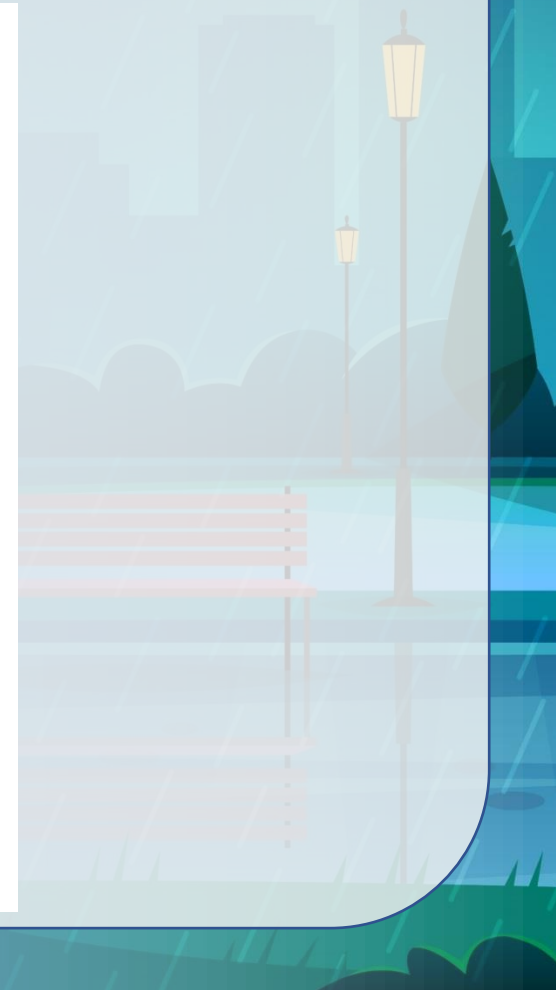
be so careless
quit your job

eat so much cake
take up a new hobby

go to bed earlier
try to relax more

have an eye test
use your phone all day

1. "I am always tired during the day."
You
2. "I need to lose weight."
You
3. "I'm very stressed these days."
You
4. "I feel bored."
You
5. "My purse was stolen again!"
You
6. "I can't see very well."
You
7. "My boss is driving me crazy!"
You
8. "My phone bill is really expensive."
You



Grammar Exercise 2: **Should** or **Shouldn't**

be so careless

eat so much cake

go to bed earlier

have an eye test

quit your job

take up a new hobby

try to relax more

use your phone all day

1. “I am always tired during the day.”

You **should** go to bed earlier.



Grammar Exercise 2: **Should** or **Shouldn't**

be so careless
quit your job

eat so much cake
take up a new hobby

go to bed earlier
try to relax more

have an eye test
use your phone all day

2. “I need to lose weight.”

You **shouldn't** eat so much cake.



Grammar Exercise 2: **Should** or **Shouldn't**

be so careless

eat so much cake

go to bed earlier

have an eye test

quit your job

take up a new hobby

try to relax more

use your phone all day

3. “I’m very stressed these days.”

You **should** try to relax more.



Grammar Exercise 2: **Should** or **Shouldn't**

be so careless
quit your job

eat so much cake
take up a new hobby

go to bed earlier
try to relax more

have an eye test
use your phone all day

4. “I feel bored.”

You **should** take up a new hobby.



Grammar Exercise 2: **Should** or **Shouldn't**

be so careless

eat so much cake

go to bed earlier

have an eye test

quit your job

take up a new hobby

try to relax more

use your phone all day

5. “My purse was stolen again!”

You **shouldn't** be so careless.



Grammar Exercise 2: **Should** or **Shouldn't**

be so careless
quit your job

eat so much cake
take up a new hobby

go to bed earlier
try to relax more

have an eye test
use your phone all day

6. “I can’t see very well.”

You **should** have an eye test.



Grammar Exercise 2: **Should** or **Shouldn't**

be so careless
quit your job

eat so much cake
take up a new hobby

go to bed earlier
try to relax more

have an eye test
use your phone all day

7. “My boss is driving me crazy.”

You **should** quit your job.



Grammar Exercise 2: **Should** or **Shouldn't**

be so careless

eat so much cake

go to bed earlier

have an eye test

quit your job

take up a new hobby

try to relax more

use your phone all day

8. “My phone bill is really expensive.”

You **shouldn't** use your phone all day.



Let's wrap it up!

- **Must** and **have to** express the obligation.
- **Mustn't** expresses prohibition.
- **Don't have to** means there is NO obligation to do something.
- **Should** and **shouldn't** are used to give advice or to talk about what we think is right or wrong.



บทเรียนครั้งต่อไป

เรื่อง My Favorite Song

สิ่งที่ต้องเตรียม ใบงานเรื่อง

-ใบงาน My Favorite Song

-ใบงาน Adjectives of Feeling

สามารถดาวน์โหลดใบความรู้และใบงานได้ที่

www.dltv.ac.th

The background of the image shows two people jumping joyfully against a vibrant sunset sky. The sun is low on the horizon, creating a warm orange and yellow glow. The silhouettes of the jumpers are dark against the bright sky. The ocean is visible at the bottom of the frame.

**Healthy is like MONEY,
we never have a true
idea of its value until
we LOSE it.**

-Josh Billings-