

8 Our favourite food

First conditional




Tommy It's Ryan's birthday today. **If** we **buy** some biscuits, we'll **have** something to take to his party this afternoon.

Beth Ready-made biscuits are full of sugar and additives. **If** we **take** a home-made fruit cake, we **won't** have to eat unhealthy food.

Maddy Good idea. We'll **have** time to make a cake **if** we **go** home now.

First conditional

 We use the first conditional to talk about things that will happen in the future. We use it when one action depends on another action.

If we buy these biscuits, we'll have something to take to his party this afternoon.

A first conditional sentence has two parts (called clauses). We use a present tense verb in the **if**-clause and **will** or **won't** + base form in the **will/won't**-clause.

if-clause

If we buy some biscuits,

will/won't-clause

we'll have something to take to his party this afternoon.

We can also put the **will/won't**-clause first.

will/won't-clause

We'll have time to make a cake

if-clause

if we go home now.

When the **if**-clause is first, we add a comma. When the **will/won't**-clause is first, we don't add a comma.

If we go home now, we'll have time to make a cake.

We'll have time to make a cake if we go home now.

1 Underline the **if**-clauses.

Healthy children eat healthy food

If you eat healthy food, you will be strong and have lots of energy. Healthy food doesn't have much sugar, salt or fat and it isn't made with additives. If you eat well, you won't get ill very often and if you have lots of fruit and vegetables every day, you'll get all the vitamins you need to grow. But you'll get tired easily if you eat too much junk food, and if you're tired, you won't do as well at school.

2 Match 1–6 with a–f.

- 1 f If you eat healthy food,
- 2 _____ If you go to bed late,
- 3 _____ If you break a leg,
- 4 _____ If you don't eat too much sugar,
- 5 _____ If you want to be a good footballer,
- 6 _____ If you don't listen to your teacher,

- a you won't learn quickly.
- b you won't get up early.
- c you won't have to go to school!
- d you'll have to play a lot of football.
- e your teeth will stay healthy.
- f you'll have lots of energy.

3 Circle the correct answer.

- 1 They'll go by train if the car isn't working / won't be working.
- 2 If you don't go to the cinema, you **won't** / don't see the film.
- 3 If you add too much salt, the food **will taste** / is tasting bad.
- 4 If my sister wants to, **we** / we'll go to the park.
- 5 The holiday will be great if **the weather will be** / the weather's good.
- 6 If Tony doesn't play for the team, **he'll be** / he's being unhappy.
- 7 We won't go shopping if you **won't** / don't want to.
- 8 We'll go outside if **it isn't** / it won't be raining.

4 Complete the first conditional sentences. Use words in the box.

play football work in the garden eat ice cream build a tree house go running go swimming

If it's sunny at the weekend, ...

- 1 Ryan will go swimming.
- 2 Martin _____
- 3 Beth and Maddy _____
- 4 Tommy _____
- 5 Mr Casey _____
- 6 Mrs Casey _____

If it rains at the weekend, ...

- 7 Ryan won't go swimming.
- 8 Martin _____
- 9 Beth and Maddy _____
- 10 Tommy _____
- 11 Mr Casey _____
- 12 Mrs Casey _____



5 Complete the first conditional sentences. Use the verbs in brackets.

- 1 If we help (help) Mum make the cake, she 'll be (be) happy.
- 2 Gemma _____ (buy) an apple if she _____ (go) shopping.
- 3 If you _____ (add) lots of sugar, the cake _____ (be) unhealthy.
- 4 The cake _____ (taste) good if you _____ (use) enough fruit.
- 5 If you _____ (buy) ready-made cakes, there _____ (be) lots of additives.
- 6 If you _____ (add) enough salt, the bread _____ (taste) good.
- 7 Plants _____ (grow) quickly if there _____ (be) lots of rain.
- 8 Children _____ (be) healthy if they _____ (eat) enough vegetables and fruit.

6 Look at exercise 4. Write sentences. Make both clauses negative.

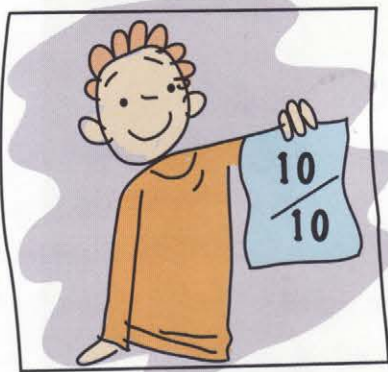
- 1 If we don't help Mum make the cake, she won't be happy.
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____

7 Write the words in the correct order to make first conditional sentences.

- 1 you / not do your homework / if / you / not learn quickly
If _____
- 2 Sidney / he / play football every day / be a better player / if
Sidney _____
- 3 have more energy / you / if / eat healthy food / you
If _____
- 4 buy a new MP3 player / if / save her pocket money / she / Polly
If _____
- 5 if / she / go to London for a week / learn some English words / Sally
Sally _____
- 6 your brother / if / you / do your homework for you / not get good test results
You _____

8 Look at the chart. Complete the first conditional sentences.

My plans



help with housework



1 have some pocket money

2 go to the cinema

not go to the cinema

3 not have time to do his homework

6 have time to do his homework

4 get a bad mark in the test

7 get a good mark in the test

5 Mum and Dad will be unhappy

8 Mum and Dad will be happy



1 If Theo helps with the housework, he'll have some pocket money.

2 If Theo has some pocket money, he'll go to the cinema.

3 If Theo goes to the cinema, _____

4 If Theo doesn't have time to do his homework, _____

5 If Theo gets a bad mark in the test, _____

6 If Theo doesn't go to the cinema, _____

7 If Theo has time to do his homework, _____

8 If Theo gets a good mark in the test, _____

An interview with TV chef ANTON LE GASTON

Q: Anton, you travel all over the world for your TV programme. Where are you going next?

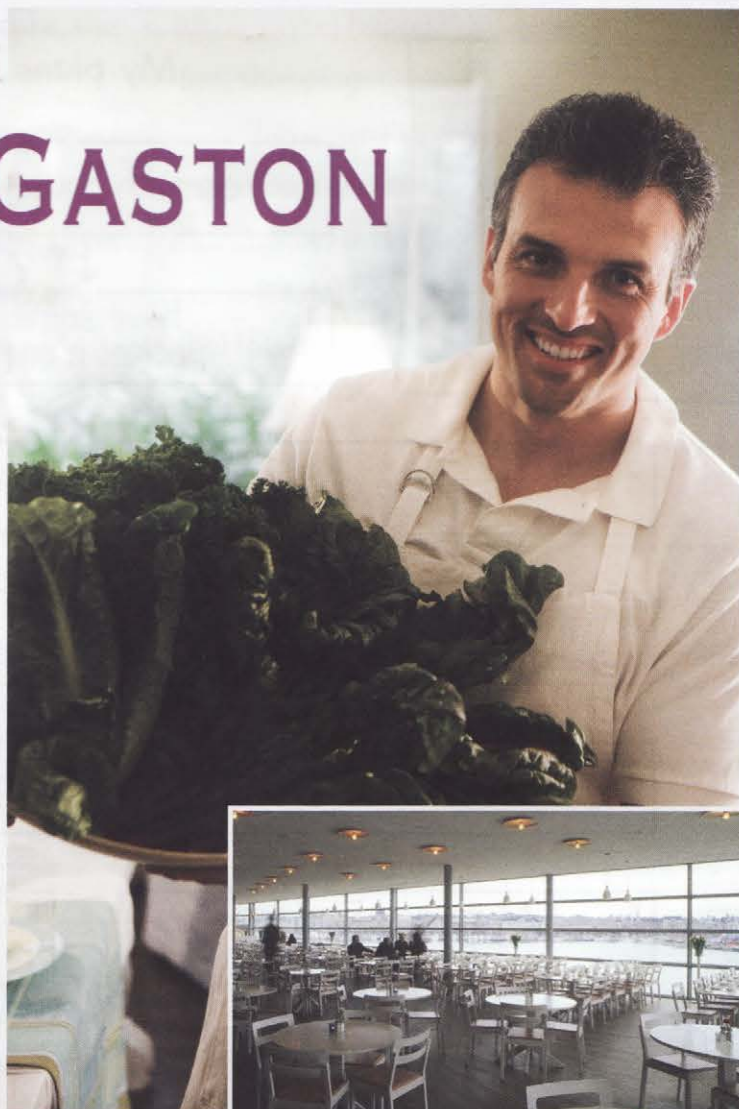
A: Next week I'm going to England and then to the USA and Canada.

Q: That's a lot of travel. What **will you do if you get** tired?


A: Oh, I'll make my TV show as usual. A chef has to work hard every day!

Q: What about ingredients? **If you go shopping** in supermarkets, **will you find** what you need?

A: No, I won't. Next week in London, I'll try to buy lots of fresh, healthy food if I can find some farmers. I know one farmer who grows the best asparagus in the country!



First conditional questions

 We usually make questions in the first conditional by changing the **will/won't**-clause. The **if**-clause stays the same.

if-clause

will/won't-clause

If you go shopping in supermarkets,

will you find what you need?

We can also put the **will/won't**-clause first.

will/won't-clause

if-clause

Short answers

Will you go to sleep

if you get tired?

Yes, I will. / No, I won't.

We don't use contractions in questions or affirmative short answers.

9 Write first conditional questions. Use the words in the same order.

1 Mr Thompson / leave the school / if / he / get a new job

Will Mr Thompson leave the school if he gets a new job?

2 if / it rain / we / go to the park

3 they / go / to the cinema / if / they / not have homework

4 if / I eat / enough vitamins / I become healthier

5 if / it not be sunny / this weekend / they go to the beach

6 where / you go / if / the weather be good

7 what / you do / if / you get up early

8 how / Dad get to work / if / the car not be working

10 Complete the first conditional questions. Write short answers.

1 Martin / go to the library / buy a book ✗

If Martin goes to the library, will he buy a book? No, he won't.

2 Beth / go shopping / buy some DVDs ✓

Will Beth buy some DVDs if she goes shopping? Yes, she will.

3 Julia / go to the party / have a good time ✗

If _____

4 it rain / Tommy and Martin / go to football practice ✗

If _____

5 Tommy / go to football practice / see a film ✗

Will _____

6 Maddy / eat healthy food / be healthy and strong ✓

If _____

7 Dad / watch a film / fall asleep ✗

Will _____

8 Mum and Dad / buy us presents / we be good ✓

Will _____