

Advanced English Lesson 6: Health and Necessity

Patient: Hi doctor! What do I **have to** do to stay healthy?

Doctor: Well, first, **it is essential** that you have a good diet. **Make sure** you have good nutrition!

Patient: What foods do I **have to** eat to have good nutrition?

Doctor: You **have to** eat fruits and vegetables every day. Also, you **must not** eat too much sugar. A lot of soda and cake is unhealthy and can lead to obesity!

Patient: Okay! What else **must** I do to be in good shape?

Doctor: **It's necessary** to exercise every day. Walking, running or playing sports is a good way to stay fit. **It's very important** to sleep at least 6 hours every night. Take care of yourself!

Patient: Great! Is there anything that I **must not** do?

Doctor: You **must not** smoke. It's terrible for your lungs. **Your life depends on** staying healthy!

How can we show necessity in English?

1. Modal verbs:
 - i. Must (not)
 - ii. Have to
2. General necessity:
 - i. It is necessary...
 - ii. It is very important...
 - iii. It is essential...
 - iv. It is required...
3. Expressions to give advice:
 - i. You need...
 - ii. Make sure...
 - iii. Your life depends on...
 - iv. You cannot live without...
 - v. You cannot do/go without...

According to the dialogue, what are some good ways to stay healthy?

Words to describe health:

- Healthy/unhealthy
- To stay fit
- To be in good shape
- To take care of yourself

Brainstorm with a group: what are some other ways to stay healthy?
