Choose the correct option (a, b or c) to complete the sentences.

1. You __________ forget to take some time out for yourself and simply relax every now and then.
   a. can’t  
   b. shouldn’t  
   c. don’t have to

2. Robbie __________ to book a table for tonight – I’ve already phoned the restaurant.
   a. doesn’t have  
   b. isn’t allowed  
   c. mustn’t

3. You __________ watch your caffeine intake if you want to catch up on sleep.
   a. can’t  
   b. should  
   c. are allowed to

4. You __________ to eat chocolate and other sweets on this diet, as long as you do so in moderation.
   a. can  
   b. don’t have  
   c. are allowed

5. __________ to cook every single day?
   a. Must you  
   b. Should you  
   c. Do you have

6. I __________ give in to those cravings for snacks in between meals or I’ll never lose weight.
   a. mustn’t  
   b. should  
   c. don’t have to

Look at the first sentence. Complete the second sentence so that it has the same meaning. Use the words in bold.

1. I advise you to try these sautéed vegetables – they’re delicious.
   You __________ try these sautéed vegetables – they’re delicious.

2. Don’t forget to do your breathing exercises before you go to bed.
   You __________ before you go to bed.

3. If she doesn’t want to peel the potatoes before cooking them, it’s not necessary to do so.
   She __________ before cooking them.

4. Is it OK for the children to stay up late?
   Are __________ up late?

5. This soft drink isn’t suitable for diabetics.
   Diabetics __________ this soft drink.

6. It’s necessary for you to maintain a natural sleep cycle.
   You __________ a natural sleep cycle.
Complete the sentences with the present simple and will + infinitive.

1. If you **have** the willpower, you **will be able** to make big changes in your life.
2. Unless you **cut out** poor food choices, you **increase** the risk of heart disease.
3. Susan **feel** less tired when she **adopt** a daylight work schedule.
4. If you **not overcook** the shrimps, they **remain** tender and juicy.
5. I **order** a meal as soon as I **finish** work today.
6. Before Tina **go on** a diet, she **have** to change her lifestyle a bit.

Match the two parts of the sentences.

1. You’ll feel proud of yourself **e**
2. Tom will complain to the manager of the restaurant **b**
3. You won’t feel better **d**
4. I won’t order anything **c**
5. You’ll soon feel healthier **a**
6. You won’t be fit enough for this sport **f**

- a before you arrive at the restaurant.
- b unless you train every day.
- c if you drink 1½–2 litres of water per day.
- d if the service continues to be so bad.
- e as soon as you manage to control your overeating.
- f unless you change your lifestyle.

Circle the correct option.

1. **If** / Before you don’t change the cooking oil regularly, the food won’t taste very nice.
2. If it **won’t be** / isn’t too expensive, we’ll all have fresh fish at the restaurant this evening.
3. They won’t close the staff restaurant **until** / unless we stop using it.
4. It will take some time **as soon as** / **before** you see the results of this therapy.
5. Unless you **don’t reduce** / reduce your salt intake, you’ll risk high blood pressure.
6. We aren’t really hungry, so we won’t eat **unless** / if we can order just a starter.
7. Until **you’ll cut down** / you **cut down** on the heavy meals at night, you’ll have sleeping problems.