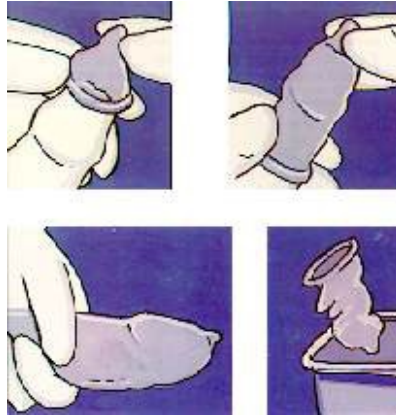
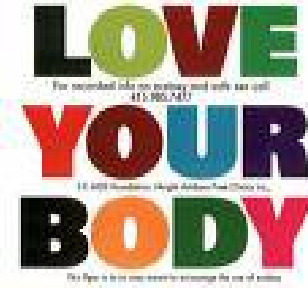


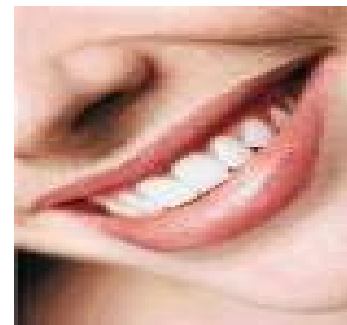
# Unit 7: Lifestyle

Topic: Expressing possibility, advice, suggestion and necessity.





- Healthy mind in healthy body.
- Live a long, healthy and happy life.
- You are what you eat.
- Care your body and your mind.
- Keep fit.
- Love your mouth and care your teeth .
- Show your perfect teeth in your beautiful smile.



**Can** expresses ability and permission: Tony **can** speak English.

**May** expresses permission, prohibition and possibility: You **may** go/ You **may not** come in / It **may** rain later.

**Should** expresses advice or (moral) obligation: You **should** study for the exam.

**Must** expresses obligation or responsibility and certainty or near certainty: He looks ill. He **must** see the doctor.

**Ought to** expresses suggestion. It is interchangeable with **SHOULD** : The doctor **ought to** check the patient's chart daily.

**Have to** expresses necessity: The nurse **has to** administer the medication twice a day.

**Might** expresses possibility: Jane didn't arrive on time. Her train **might** have been delayed.

**Can't** and **Mustn't** refuse permission: You **can't/ mustn't** smoke in non-smoking areas.

10. Work with your partner on the left. Talk about the following points referring to your activities at school of the medical sciences and as a professional of public health.

- Two things you have abilities to do now.
- Two things you don't have the abilities to do now.
- Two subjects you are good at.
- Two things you don't have to do now.
- Two things you still have to do as student.

11. List the below instructions. Place them under the corresponding category. Discuss the actions you think people SHOULD DO to have a healthy lifestyle.



**Body fitness**

**Oral health**

**Mental fitness**

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Combat stress

Eat regularly and sensibly

Drink plenty of fluids

Reduce weight

Brush teeth with fluoride  
paste

Floss teeth

Quit smoking

Make meditation  
techniques

Enjoy each day

Love and be loved

Do aerobic exercise

Practice Tai Chi

Visit qualified health staff