



CLASS

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Zero conditional

Healthy habits

After this class you will be able to:

**talk about a
possible situation
and its result.**



WARM – UP: THE POWER OF SLEEP

DIRECTIONS: Check the vocabulary, read the following text and answer the following questions

Sleeping is very important for our body and mind. If people **stay up** too late, they feel tired the next day. When we do not sleep enough, it is hard to concentrate, and we can feel stressed or even sad.

Doctors say that sleeping **at least** seven hours every night helps us feel better and have more energy. If we sleep well, we can learn faster and work better. A good sleep routine makes life easier and healthier.

How many hours do you usually sleep per night? Do you think it is enough?

Do you usually **stay up** too late?



ZERO CONDITIONAL

A conditional in English is a type of sentence that talks about a possible situation and its result.

The **condition** usually starts with **IF**



Zero
conditional

If + S. Present + S. Present

The **zero conditional** is used to talk about facts or situations that are normally or always true.

If I don't **unwind** before bed , I don't sleep well

Let's check a few more examples

If a person doesn't water the plants, they die.

If I heat ice, it melts.

People get sick if they eat too much salt daily.

Complete the following sentences.

If a person doesn't drink water for several days, _____.

If someone has a headache _____.

People get diabetes _____.

If a baby is hungry _____.

Each sentence has a mistake. Find it and correct it.

If you will eat too much sugar, you get cavities.

If you drinks too much alcohol, you get headaches.

If you skip meals, your energy **drop**.

If you drink coffee before bed, you doesn't sleep well.

SPEAKING CHAIN GAME

DIRECTION: I will give you a situation. The first person will make a sentence using the Zero Conditional based on that situation. The next person will listen and add a new sentence connected to the previous one. We will continue until we can't add more ideas

If a person doesn't sleep well...

◆ Verbs: Work, Concentrate.

Phrasal verbs: Burn out

If a person doesn't drink enough water

◆ Verbs: Feel, Experience

Phrasal verbs: Pass out



HEALTHY HABITS

DIRECTIONS: Check the vocabulary , Listen to the following audios and complete each conditional sentence with the information provided.

Cognitive Function.

_____, **their cognitive functions decline** and concentration fails.



Hydration.

_____, **they can't regulate its temperature** , and cellular functions become less efficient.



Physical Activity.

If people engage in regular physical activity, _____ .
If a person stays **sedentary** for long periods, **their muscles get weak**



WHAT HAPPENS TO YOUR BODY?

DIRECTIONS: Think about your daily habits (sleeping, eating, exercising, using your phone, etc.). Reflect on how these habits affect your body and well-being. Use Zero Conditional to explain the consequences of certain daily actions.

- Write a paragraph (4-5 sentences) about how your daily habits affect your health.
- Use Zero Conditional in at least 3 sentences within the paragraph.

Example:

"If I don't get enough sleep, I feel tired the next day. If I eat too much junk food, I gain weight. However, if I exercise regularly, my body feels stronger and healthier. If I drink enough water, I stay hydrated, and my skin looks better."



Vocabulary verbs learned in this lesson

STAY UP

DECREASE / DECLINE

PASS OUT

WEAK

BURN OUT

ENGAGE



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