



GRAMMAR PRACTICE

Advice and Obligation in Health

Health and Wellbeing | should, must, have to | Cambridge IGCSE ESL 0511

1. Lead-in discussion

Talk with a partner. You may already use this grammar without noticing it.

No.	Question
1	Give one piece of advice for a student who feels stressed.
2	Name one healthy habit students should build.
3	What rules do people have to follow in a hospital?
4	What must people do if they feel very unwell?

2. Grammar in context

Read the text. The bold phrases show the grammar used in a natural topic context.

Making Healthy Choices

Teenagers **should get** enough sleep, eat regular meals and take breaks when they feel under pressure. They **should not ignore** stress for too long.

In some situations, advice becomes stronger. People **must follow** medical instructions carefully, especially when they are taking medicine. Patients often **have to make** an appointment before seeing a doctor.

Healthy choices do not need to be extreme. Students **do not have to give up** all snacks, but they **should cut down** on sugary drinks and try to stay hydrated during the day.

3. Notice the pattern

Use should for advice, must for strong obligation, have to for rules or external necessity, and do not have to when something is not necessary.

Use	Form / signal	Example
should / shouldn't	advice	Students should take regular breaks.
must / mustn't	strong rule or warning	You must follow the doctor's advice.
have to	rule or external necessity	Patients have to make an appointment.
don't have to	no obligation	You don't have to exercise for hours every day.

4. Build accurate sentences

Complete each sentence using the grammar focus. Then write two examples of your own.

No.	Prompt	Use	Your answer
1	Students / take breaks when they feel stressed.	should	
2	Patients / follow treatment instructions.	must	
3	You / drink sugary drinks every day.	shouldn't	
4	You / be an athlete to improve your fitness.	don't have to	

1. _____

2. _____

5. Use it in exam answers

Complete the tasks using the grammar focus naturally.

Task	What to do
Speaking	Give advice to a student who feels tired and anxious before exams.
Writing	Write a short advice paragraph about healthy school routines. Use should, must and do not have to.
Reading	Underline the modal verbs in the context text and explain their meaning.

6. Common mistakes

Correct the mistakes.

No.	Mistake	Your correction
1	You must to drink more water.	
2	Students should to sleep earlier.	
3	You don't must eat fast food every day.	
4	Patients have follow medical advice.	

7. Topic discussion questions

Use these for pair work, small-group discussion, or speaking-test warm-up practice.

1. What should schools do to support students' mental health?
2. What healthy habit is difficult for teenagers to keep?
3. Should fast food be sold in schools?
4. What do people have to do before a medical appointment?

Advice and Obligation in Health

4. Build accurate sentences

1. Students should take breaks when they feel stressed.
 2. Patients must follow treatment instructions.
 3. You shouldn't drink sugary drinks every day.
 4. You don't have to be an athlete to improve your fitness.
- Own answers will vary. Check that the grammar focus is accurate and natural.

6. Common mistakes

1. You must drink more water.
2. Students should sleep earlier.
3. You shouldn't eat fast food every day.
4. Patients have to follow medical advice.

Notes for checking

1. should / shouldn't: advice - Students should take regular breaks.
2. must / mustn't: strong rule or warning - You must follow the doctor's advice.
3. have to: rule or external necessity - Patients have to make an appointment.
4. don't have to: no obligation - You don't have to exercise for hours every day.