

27th January
OET Writing – Conditionals

Starter

Look at these sentences:

1. If you eat a healthy diet, you **improve/develop/boost** your immune system. (**Zero**)
2. You will not lose weight if you **consume/eat** foods high in saturated fat and refined sugar. (**First**)
3. If you **were** compliant with your medication, you could manage your condition more effectively. (**Second**)
4. You wouldn't have needed surgery if you had **listened to/followed/applied** the physiotherapist's advice. (**Third**)

Which words could go in the spaces?

When we encounter or use conditional sentences, we should think about the following questions...

- When (is the action and result)?
- How real (is the action and result)?

Zero Conditional

If you go to the gym regularly, you get fit

He feels sick if he does too much exercise

Structure: If + present simple, present simple

We use it for... general truths, things that are always true, facts, scientific facts

First Conditional

If I study for the exam all day today, I will feel exhausted

She can visit her GP if she doesn't feel better after a week

If you notice any signs of infection, call the hospital immediately

Structure: If + present simple, will / can / should / imperative

We use it for... specific situations which the speaker or writer thinks are likely to happen, present or future situation with a future result

Second Conditional

If he took his medication twice a day, he would feel better

You could recover more quickly if you rested in bed

If he were to take his medication twice a day, he would feel better

Structure: If + past (simple + continuous), would / could / might + bare infinitive – we use 'were' for everybody in second conditionals

We use it for... unreal present or future situation with an imaginary future result, hypothetical

Third Conditional

If I had not gone to my doctor for a check-up, I would have missed the early signs of the condition

You could have damaged your knee more if you had continued running every day

Structure: If + past perfect (had + 3rd form), would / could / might + have + 3rd form (past modal)

We use it for... unreal past situations or actions with an imaginary past result, hypothetical past

Mixed Conditional

If I had not gone to the pharmacy for some painkillers, I would be in a lot of pain

You could have damaged your knee more if you did not use a support bandage

Structure: Two main types: 1. If + past perfect, would / could / might + bare infinitive (present modal) / 2. If + past (simple or continuous), would / could / might + have + 3rd form (past modal)

We use it for... imaginary or hypothetical situations, two main meanings: 1. A past action with a present result 2. A present action which impacted on the past – opposite of reality

What type of conditional are these sentences?

Should you need any further details, please do not hesitate to contact me

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Practice:

Finish these conditional sentences with your own ideas and using correct grammar:

1. If a patient has diabetes, **he must follow a special diet.**
2. Wash your hands if **you eat breakfast.**
3. If he followed a healthier diet, **he wouldn't need to take medication for his whole life.**
4. She will need surgery if **the infection spreads.**
5. If I were the patient, **I would feel better.**
6. The infection would not have spread if **he had been operated on earlier.**
7. If the test results are positive, **you will be a father.**
8. If she had started physical therapy last year, **she could have been on her legs today. / If she had started physical therapy last year, she could be on her legs today.**