

## ENGLISH 3AC · SEMESTER 2

# Unit 12 (Health)

English 3AC Unit 12 (Health) helps you name a feeling or a problem, ask for help and distinguish advice from rules. Should gives a recommendation, must expresses an obligation and mustn't expresses a prohibition. The examples teach language through school situations.

## Key points

- Use be with an adjective: I am tired.
- Use have with a problem noun: I have a headache.
- Should gives advice; must expresses an obligation.
- Mustn't prohibits; don't have to removes a requirement.
- Use a base verb after should and must, without s or to.
- Choose a modal from the stated situation and its scope.

## Learning goals

- Use be with feelings and have with common problem nouns.
- Ask for help politely.
- Distinguish advice, obligation and prohibition.
- Use a base verb after a modal.
- Contrast mustn't with don't have to.
- Read a short school rule message.

## Communication: saying how you feel

A short clear sentence is useful when asking an adult for help: I am tired. I do not feel well. Can you help me, please? The task is to communicate the problem rather than diagnose it. In a classroom role-play, invented situations are sufficient.

### A pupil asks his teacher

Hamza: I do not feel well. Can you help me, please? Teacher: You should tell the school office.  
Hamza: May I leave the activity? Teacher: Yes. I will help you ask.

## Vocabulary: be or have?

| Pattern             | Words                           | Example                  |
|---------------------|---------------------------------|--------------------------|
| Be + adjective      | tired, cold, worried, unwell    | I am tired.              |
| Have + problem noun | a headache, a toothache, a cold | I have a headache.       |
| Ask for help        | help, school office, adult      | Can you help me, please? |

I am cold describes a feeling or temperature sensation. I have a cold names an illness in everyday vocabulary. The small article a changes the construction. Learning the complete phrase helps prevent I have tired or I am a headache.

# Health



Should gives advice, must states an obligation, and must not states a prohibition.

## Grammar: should for advice

**Should** Should + base verb gives advice or a recommendation: You should ask for help. Should not, usually shouldn't, advises against an action.

A suggestion is not automatically a compulsory rule. In You should speak clearly, the speaker recommends a useful action. A rule requiring a particular action needs an obligation form or clear rule context.

## Grammar: must and mustn't

**Must** Must + base verb expresses an obligation in the named context: The cooking club requires handwashing. You must wash your hands before the activity.

**Mustn't** Must not, or mustn't, states a prohibition: The laboratory rule forbids eating. You mustn't eat in the lab.

| Meaning        | Modal         | Example                                    |
|----------------|---------------|--------------------------------------------|
| Recommendation | should        | You should ask for help.                   |
| Requirement    | must          | You must follow the club rule.             |
| Prohibition    | mustn't       | You mustn't eat in the lab.                |
| No requirement | don't have to | You don't have to bring a coloured folder. |

Mustn't means forbidden. Don't have to means optional or not necessary. If a folder is optional, You mustn't bring it wrongly forbids it. Say You don't have to bring it.

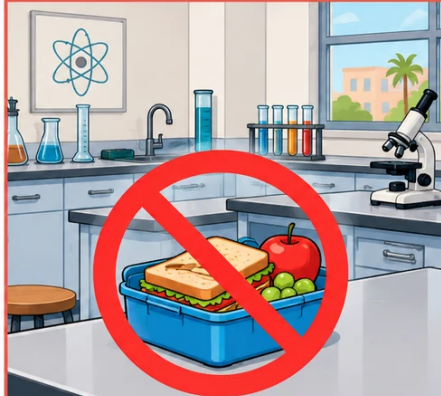
## Optional or forbidden?

### Optional



**You don't have to bring a folder.**

### Forbidden



**You mustn't eat in the lab.**

Do not have to means not required. Must not means forbidden: an optional folder is different from forbidden food.

### Grammar: the verb after a modal

Should and must stay the same with I, he, she, we and they. The main verb is a base form: He should ask, not He should asks. Do not put to after these modals: must wash, not must to wash. Questions can begin with the modal: Should I tell the office?

### Choose the modal from the meaning

- Decide whether the action is advised, required, forbidden or optional.
- Choose should, must, mustn't or don't have to accordingly.
- Use a base verb after should/must.
- Read the situation again to check that your sentence expresses its stated rule.

#### One action, different meanings

You should bring a notebook suggests it. You must bring a notebook requires it. You mustn't bring a notebook forbids it. You don't have to bring a notebook makes it optional.

- The modal changes the instruction even when the noun and action are identical.

### Study skills: annotate the reason

Draw four columns labelled advice, required, forbidden and optional. Before filling a modal gap, underline the phrase establishing the meaning: a club rule, a prohibition sign or optional. Do not choose must solely because it sounds stronger; choose it because the situation requires that meaning.

### Skills work: reading the school activity notice

Before the boys' cooking club begins, pupils must wash their hands. They must follow the club leader's instructions. Food is forbidden in the science laboratory, so they mustn't eat there. A coloured folder is optional; pupils do not have to bring one. If a pupil feels unwell, he should ask the responsible adult for help. This notice is a language practice example.

The notice distinguishes four meanings explicitly. The folder is optional, not forbidden. Eating is forbidden in the laboratory, not in every room mentioned. Read the location and reason alongside the modal.

### Skills work: listening and writing a rule card

A partner reads twice: "You must wash your hands before the club. You must not eat in the lab. You do not have to bring a coloured folder." Sort each instruction by meaning. Then write a brief invented club rule card with one recommendation, one requirement, one prohibition and one optional item.

### Review: use the meaning to choose

- Say a feeling with be and a problem noun with have.
- Explain the difference between should and must.
- Distinguish forbidden from optional.
- Check a base verb after every should or must.

### Exercises: try before reading the answers

#### 1. Be or have for a feeling

Complete: I ... tired. I ... a headache. I ... cold. I ... a cold.

#### 2. Advice or rule?

A suggestion recommends asking for help. A club rule requires washing hands. Choose should or must.

#### 3. Prohibit an action

The science laboratory forbids eating. Complete: You ... eat in the lab.

#### 4. Keep a base verb

Choose ask/asks and wash/to wash: He should ... for help. We must ... our hands.

#### 5. Optional is not forbidden

A coloured folder is optional. Write a sentence with don't have to.

#### 6. Ask for help

Write a polite two-sentence request from a fictional pupil who feels unwell.

#### 7. Contrast two meanings

Explain the difference: You mustn't bring food. You don't have to bring food.

**8. Read the activity notice**

Name the required preparation, the forbidden action and the optional object.

**9. Keep the rule's scope**

Does the notice forbid eating in every school room? Explain from the reading.

**10. Edit a modal card**

Correct: He should asks. We must to wash. The optional folder means you mustn't bring it. I have tired.

**11. Listen to three instructions**

Have a partner read the listening script. Mark each action as required, forbidden or optional.

**12. Write a rule card**

Write 45-65 words for an invented school club. Include advice, a requirement, a prohibition and an optional item.

## Answers and explanations

### 1. Be or have for a feeling

I am tired. I have a headache. I am cold. I have a cold. Adjectives follow be, while these problem noun phrases follow have.

### 2. Advice or rule?

You should ask for help. You must wash your hands. The first recommends; the second states the supplied requirement.

### 3. Prohibit an action

You mustn't eat in the lab. Must not expresses the prohibition stated in the question.

### 4. Keep a base verb

He should ask for help. We must wash our hands. Should and must take a base verb without s or to.

### 5. Optional is not forbidden

You don't have to bring a coloured folder. This means it is not required, rather than prohibited.

### 6. Ask for help

I do not feel well. Can you help me, please? The response communicates the problem without inventing a diagnosis.

### 7. Contrast two meanings

The first forbids bringing food. The second says bringing food is not required. It does not itself forbid the action.

### 8. Read the activity notice

Wash hands before the club; do not eat in the science laboratory; a coloured folder is optional. Preserve the named locations and context.

### 9. Keep the rule's scope

No. It states a prohibition in the science laboratory. The passage does not establish the same rule for every room.

### 10. Edit a modal card

He should ask. We must wash. You don't have to bring the optional folder. I am tired. Fix the base verbs, optional meaning and adjective construction.

### 11. Listen to three instructions

Washing hands is required. Eating in the lab is forbidden. Bringing a coloured folder is optional. Record meaning as well as vocabulary.

### 12. Write a rule card

Model: Welcome to our boys' cooking club. You must wash your hands before the activity and follow the leader's instructions. You mustn't eat in the science laboratory. You should ask an adult for help if you feel unwell. You don't have to bring a coloured folder because it is optional.

Check that each rule's meaning matches its modal and that every modal is followed by a base verb.

## Frequently asked questions

### What grammar do I revise in English 3AC Unit 12 Health?

Revise should for advice, must for obligations and mustn't for prohibitions. Also learn common feeling phrases with be and problem noun phrases with have.

**What is the difference between must and should?**

Must states a requirement in the named situation. Should gives a recommendation. A club's required preparation can use must, while a useful suggestion can use should.

**What is the difference between mustn't and don't have to?**

Mustn't means forbidden. Don't have to means not required. An optional folder is something you do not have to bring; that does not mean bringing it is prohibited.

**Which verb form follows should or must?**

Use a base verb without s or to: He should ask and We must wash. The modal stays unchanged with different subjects.

**How do I politely ask for help in English?**

State the problem simply and add a request: I do not feel well. Can you help me, please? Classroom practice can use fictional situations and does not require a diagnosis.

Revision resource: follow the units, instructions and pace set by your teacher.

[Read the full lesson and practise on MATHFJIB.](#)