



Learn English: Medical Advice and Modal Verbs

Student Writing Practice

How can people stay healthy? Write six suggestions or recommendations for a healthy life.

Use **modal verbs** in your sentences. Use one or more **modals of possibility**.

EXAMPLE:

- You **should** eat fruits and vegetables every day.
- You **could** sign up for swimming lessons.
- You **have to** sleep between 6 to 8 hours every night.
- You **could** go running or cycling in the morning.
- You **should** wear a face mask if you are sick.
- You **can** get sick if you don't drink any water.
