



B2 - Past recommendations

Mixed Conditionals



EXERCISE 1 READ THE QUESTIONS BELOW, AND IN PAIRS DISCUSS YOUR ANSWERS.

1. Do you *always* follow your doctor's orders?
2. Have you ever chosen *not* to comply with your doctor's orders? If so, why?
3. How did this decision make you feel?

EXERCISE 2 READ THE SENTENCES BELOW AND DISCUSS THE DIFFERENCES BETWEEN THEM.



EXERCISE 3 ANALYSE THE SENTENCES BELOW AND THEIR USES.

Situation 1: If you exercised regularly, you'd be healthier.

If + _____ / _____
 (condition) (result)

Situation 2: If you'd exercised regularly, you'd have been healthier.

If + _____ / _____
 (condition) (result)

1. Which sentence talks about an imaginary present or future?
2. Which sentence talks about an imaginary past?
3. Complete the gaps with appropriate tenses and structures.



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EXERCISE 4 COMPLETE THE SENTENCES WITH EITHER THE SECOND OR THE THIRD CONDITIONAL.

1. If she _____ **(quit)** smoking, she _____ **(reduce)** her risk of heart disease.
2. If they _____ **(get)** enough sleep, they _____ **(have)** more energy during the day.
3. If you _____ **(take)** the medication as prescribed, you _____ **(recover)** by now.
4. If you _____ **(follow)** a healthy diet, you _____ **(lose)** weight more easily.
5. If you _____ **(start)** the treatment earlier, you _____ **(see)** improvement sooner.
6. If he _____ **(follow)** my advice, he _____ **(avoid)** the complications.

EXERCISE 5 READ THE SENTENCES BELOW AND DISCUSS THE DIFFERENCES BETWEEN THEM.



EXERCISE 6 ANALYSE THE SENTENCES BELOW AND THEIR USES.

Situation 1: If you'd followed my advice, you'd be feeling better now.

If + _____ / _____
(condition) (result)

Situation 2: If the results weren't serious, I wouldn't have called you last night.

If + _____ / _____
(condition) (result)



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1. Which sentence talks about an imaginary past situation with present results?
2. Which sentence talks about a real (or imaginary) present or situation affected by a past result?
3. Complete the gaps with appropriate tenses and structures.

EXERCISE 7 COMPLETE THE SENTENCES WITH EITHER THE MIXED CONDITIONAL.

1. If you _____ **(take)** your medication regularly, you _____ **(be)** healthier now.
2. If they _____ **(start)** exercising earlier, they _____ **(have)** more energy today.
3. If he _____ **(stop)** smoking when I advised him, his lungs _____ **(be)** in better condition now.
4. If you _____ **(maintain)** a balanced diet, you _____ **(avoid)** the recent health issues.
5. If she _____ **(be)** more careful with her diet, she _____ **(not experience)** those complications last month.
6. If you _____ **(get)** enough sleep every night, you _____ **(feel)** more rested now.

EXERCISE 8 MATCH THE DOCTORS' ADVICE TO THE SITUATIONS.

- | | |
|--------------------------------------|---|
| 1. Swollen legs | A. Meditate daily |
| 2. Always feeling hungry and thirsty | B. Get vaccinated |
| 3. Having the flu | C. Use a tongue scraper |
| 4. Needing to take vitamin D | D. Use compression socks |
| 5. Skin problems | E. Take off your make-up at night |
| 6. Bad breath | F. Park your car far away |
| 7. Not walking enough | G. Spend more time outside |
| 8. High-stress levels | H. Always have a bottle of water with you |

EXERCISE 9 COMBINE THE SITUATIONS WITH THE ADVICE USING THE MIXED CONDITIONAL.

Example: If you used compression socks, your legs wouldn't have been swollen.



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EXERCISE 10 READ THE PATIENTS' COMPLAINTS AND GIVE THEM ADVICE USING THE MIXED CONDITIONALS.



Patient 1: high blood pressure

'I've been experiencing headaches and dizziness lately. My blood pressure is very high. I haven't been exercising and my diet is full of salty foods. I also smoke regularly.'



Patient 2: diabetes

'My blood sugar levels are out of control, and I've developed some complications with my vision and feet. I haven't been sticking to my diet plan, and I've missed several of my follow-up appointments.'



Patient 3: chronic back pain

'My back pain has gotten worse. I can barely move without feeling intense pain. I've been working long hours without taking breaks, and I haven't been doing any exercises to strengthen my back.'

Example: If you had started exercising regularly last year, you would feel much better now.

EXERCISE 11 READ THE QUESTIONS BELOW AND IN PAIRS DISCUSS YOUR ANSWERS.

1. Do you think that it is appropriate for doctors to give you past advice? Why (not)?
2. How do you think patients feel when they receive past advice?

Teacher's notes

Exercise 1. Lead-in

5 mins

Students work in pairs and answer the questions about following their doctor's orders. Encourage students to think of some examples when they were unsure of their doctor's advice and decided not to follow their orders. Elicit some answers from different groups.

Exercise 2 + 3. Grammar revision (second and third conditionals)

5 mins

Look at the two scenarios and discuss what you observe (*a doctor providing medical advice to a patient*). Prompt students to identify the names of the structures they see and their functions.

Answers:

Situation 1: Second conditional - talking about imaginary present or future.

Situation 2: Third conditional - talking about imaginary past.

Follow up on this activity by identifying the tenses used in both structures.

Answers:

1. *imaginary present or future - second conditional*

2. *imaginary past - third conditional*

3. *Situation 1: If + Past Simple (condition), would + infinitive (result)*

Situation 2: If + Past Perfect (condition), would have + past participle (result)

Exercise 4. Grammar practice 1

6 mins

To ensure understanding of the second and third conditionals, students work individually and complete sentences 1-6 with appropriate structures. Afterwards, they check and discuss the answers. Keep in mind that sometimes more than one answer is possible, with a change in meaning.

Answers:

1. *If she quit smoking, she would reduce her risk of heart disease.*

2. *If they got enough sleep, they would have more energy during the day.*

3. *If you had taken the medication as prescribed, you would have recovered by now.*

4. *If you followed a healthy diet, you would lose weight more easily.*

5. *If you had started the treatment earlier, you would have seen improvement sooner.*

6. *If he had followed my advice, he would have avoided the complications.*

Exercise 5 + 6. Grammar introduction (mixed conditional)

5 mins

Look at the two scenarios and discuss what you observe (*a doctor providing medical advice to a patient*). Prompt students to identify the names of the structures they see and their functions.

Answers:

Situation 1: Mixed conditional - talking about an imaginary past with a present result.

Situation 2: Mixed conditional - talking about a present condition affected by a past result.

Follow up on this activity by identifying the tenses used in both structures.

Answers:

1. *mixed conditional*

2. *mixed conditional*

3. *Situation 1: If + Past Perfect (condition), would + infinitive (result)*

Situation 2: If + Past Perfect (condition), would infinitive (result)

Teacher's notes

Exercise 7. Grammar practice 2

6 mins

To ensure understanding of the second and third conditionals, students work individually and complete sentences 1-6 with appropriate structures. Afterwards, they check and discuss the answers.

Answers:

1. *If you had taken your medication regularly, you would be healthier now.*
2. *If they had started exercising earlier, they would have more energy today.*
3. *If he had stopped smoking when I advised him, his lungs would be in better condition now.*
4. *If you maintained a balanced diet, you would have avoided the recent health issues.*
5. *If she were more careful with her diet, she wouldn't have experienced those complications last month.*
6. *If you had got enough sleep every night, you would feel more rested now.*

Exercise 8 + 9. Controlled speaking

8 mins

Students work individually and match the doctors' advice (A-H) to the situations (1-8). In pairs, students compare their answers by discussing them using mixed conditionals. Monitor the activity and provide speaking feedback at the end of it.

Answers: 1D, 2H, 3B, 4G, 5E, 6C, 7F, 8A

Suggested answers:

1. *If you used compression socks, your legs wouldn't have been swollen.*
2. *If you'd always had a bottle of water with you, you wouldn't feel so hungry and thirsty all the time.*
3. *If you had got vaccinated, you wouldn't have the flu.*
4. *If you spent more time outside, you wouldn't have needed to take vitamin D.*
5. *If you had taken off your make-up at night, you wouldn't have skin problems.*
6. *If you had used a tongue scraper, you wouldn't have a bad breath.*
7. *If you parked your car far away, you would have walked enough daily.*
8. *If you meditated daily, you wouldn't have had such high-stress levels.*

Exercise 10. Free speaking

7 mins

Students once again work in pairs and go over the list of three patients and their problems. Students think of at least three mixed conditional past recommendations for each patient.

Suggested answers:

Patient 1:

- *If you had started exercising regularly last year, you would feel much better now.*
- *If you had reduced your salt intake earlier, your blood pressure would be lower now.*
- *If you had quit smoking six months ago, your symptoms would be less severe now.*

Patient 2:

- *If you had followed your diet plan strictly, your blood sugar levels would be more stable now.*
- *If you came to your follow-up appointments regularly, we would have detected the complications earlier.*
- *If you had managed your diabetes better, you would not be experiencing these severe symptoms now.*

Patient 3:

- *If you had taken regular breaks at work, you would not have such severe back pain now.*
- *If you had started doing back-strengthening exercises earlier, your pain would be more manageable now.*
- *If you had been more careful with your posture, you would not be suffering this much now.*

Exercise 11. Speaking practice

5 mins

Students are asked to consider and discuss the ethical implications of giving and receiving advice about events that have already taken place. Provide speaking feedback.