



Past Recommendations

B2 - GRAMMAR
(MIXED CONDITIONALS)





**Do you *always* follow your
doctor's orders?**

**Have you ever chosen *not* to
comply with your doctor's
orders? If so, why?**

**How did this decision make
you feel?**



Read the sentences below. What is the difference between them?

If you exercised regularly, you'd be healthier.



Situation 1

If you'd exercised regularly, you'd have been healthier.



Situation 2

Analyse the sentences 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.



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.



Read the sentences below. What is the difference between them?

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



Situation 1

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



Situation 2

Analyse the sentences 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)

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



Complete the sentences with 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.



Match the doctors' advice to the situations.

Situation

1. Swollen legs
2. Always feeling hungry and thirsty
3. Having the flu
4. Needing to take vitamin D
5. Skin problems
6. Bad breath
7. Not walking enough
8. High-stress levels

Advice

- A. Meditate daily
- B. Get vaccinated
- C. Use a tongue scraper
- D. Use compression socks
- E. Take off your make-up at night
- F. Park your car far away
- G. Spend more time outside
- H. Always have a bottle of water with you



Combine the situations with the advice using the mixed conditional.

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

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



Read the patients' complaints and give them advice using the mixed conditional.



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.'

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



Discuss

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?

