GRAMMAR *May* and *might*

We use **may** and **might** to talk about possibility. We use a bare infinitive after **may** and **might**. We don't usually use **might** in questions and we usually say **might not**, not **mightn't**.
I **might buy** *some new trainers.*
Trainers **may not always be** *best for hiking.*

Note: Be careful with **maybe** (perhaps) and **may be** (modal verb + bare infinitive).

Must and *can't*

We use **must** to talk about something we are sure is true and **can't** when we are sure something isn't true. We use a bare infinitive after **must** and **can't**.

Exercising **must help** *people to relax.*
That **can't be** *Helen's racket. She doesn't play tennis.*

5 **Circle the correct words.**

1 She's so intelligent. She **must / can't** be self-confident, too.

2 I **might / must** start doing yoga, but I'm not sure.

3 The magazine *Outdoors* **mightn't / can't** be about the gym.

4 Running **may / must** not suit you because your legs are sore.

5 These shoes **can't / may** be Sara's. She's wearing hers.

6 **Complete the second sentence in each pair so that it has a similar meaning to the first. Use can't, may/might, may not/might not, or must.**

1 Those gym clothes certainly aren't comfortable.
Those gym clothes _____ comfortable!

2 Maybe I won't go hiking with my mum.
I _____ hiking with my mum.

3 I'm sure exercise improves your mood.
Exercise _____ your mood.

4 It's possible that my dad will open a cycling studio.
My dad _____ a cycling studio.

7 **Listen. Listen and repeat.** 🎧 **TR: 7.7**

belong	Renaldo belongs on our team.
benefit	A benefit of hiking is a clear mind.
negative	Negative feelings can lead to depression.
positive	Active people are happier and have more positive feelings.
produce	Exercise produces good results.
satisfied	Self-confident people often feel satisfied.
suffer	My uncle has suffered from depression.

8 **Circle the letter for the best meaning.**

1 belong
a be happy   b be a part of

2 benefit
a something helpful   b something uncomfortable

3 negative
a good   b bad

4 positive
a good   b bad

5 produce
a make   b learn

6 satisfied
a happy with something   b careful

7 suffer
a be fit   b feel pain

9 **Listen to four conversations. Write the number of the conversation next to the correct photo. If the photo isn't mentioned, mark an X.** 🎧 **TR: 7.8**

PHRASAL VERBS

Complete the sentences with these verbs.

bring out	catch on	put on	take off	try on

1 They're going to _____ a new bicycle that can go 80 kph (50 mph).

2 _____ your jacket if you're too hot.

3 'Can I _____ these trainers, please?' she asked the shop assistant.

4 Some people _____ really expensive clothes just do to a yoga class.

5 I think this new exercise will _____.