

Third Conditionals

Intermediate (B1-B2)



WHAT ARE THIRD CONDITIONALS?

The third conditional is used to imagine a different past. We imagine a change in a past situation and the different result of that change.

Structure

If + past perfect, would have + past participle.

Instead of **would**, we can use **could** or **might**.

Examples

If I had exercised, I would have felt better.

If she had eaten healthier, she might have lost weight.

If we had rested more, we could have avoided stress.

EXERCISE 1

Fill in the gaps with the correct form of the verbs.

avoid x 2 / wear / catch x 2 / drink / notice / follow / feel x 2 / listen / rest / stretch / sleep / be / get

1. If she _____ more water, she _____ dehydrated.
2. They _____ the flu if they _____ the health advice.
3. If I _____ earlier, I _____ more energetic today.
4. He _____ the cold if he _____ a scarf.
5. If they _____ fast food, they _____ better.
6. I _____ the injury if I _____ before the run.
7. If she _____ more, she _____ the symptoms earlier.
8. He _____ better if he _____ the doctor's advice.

EXERCISE 2

Read the situations and write third conditional sentences.

1. She had a headache because she didn't drink enough water.
2. He was tired all day because he didn't sleep well.
3. They got food poisoning because they didn't check the expiry date.
4. He gained weight because he didn't exercise last year.
5. She got a cold because she forgot her coat.
6. I missed my yoga class because I forgot to set an alarm.

EXERCISE 3

Part 1. Read the text below.

A Healthy Regret

Last month, Leo was preparing for an important job interview. He felt slightly ill but ignored the symptoms. He stayed up late watching TV and didn't prepare a healthy meal. On the day of the interview, he woke up tired, with a stomach ache and no energy.

He missed breakfast and rushed out, forgetting his umbrella. It started raining heavily, and he arrived at the office soaked and coughing. During the interview, he struggled to concentrate and didn't make a good impression.

Leo later realised how different things could have been. If he had rested the night before, he would have felt better. If he had eaten a proper dinner and breakfast, he might have had more energy. If he had taken his umbrella, he wouldn't have arrived wet and sick. That day taught him that health should always come first.

Part 2. Choose the correct answer:

1. Why did Leo feel sick before the interview?

- a. He caught the flu from a friend.
- b. He ignored symptoms and stayed up late.
- c. He walked in the rain.

2. What did Leo forget to take with him?

- a. His CV
- b. His medicine
- c. His umbrella

3. What effect did the rain have on Leo?
- a. He missed the interview.
 - b. He felt worse and looked unprofessional.
 - c. He stayed dry by running.
4. What lesson did Leo learn?
- a. Always carry an umbrella.
 - b. Never skip a job interview.
 - c. Health should be the first priority.

Part 3. Complete the sentences using the third conditional and info from the text.

- 1.If Leo _____ the symptoms, he _____ better.
- 2.If Leo _____ a healthy meal, he _____ more energy.
- 3.If Leo _____ his umbrella, he _____ dry.
- 4.If Leo _____ more rest, he _____ better in the interview.

SPEAKING

Think of a time when you were unwell or made a poor health decision. Use the third conditional to describe how things could have been different.

Discuss the following questions.

- 1.What would you have done differently last month to improve your health?
- 2.If you had eaten better last week, how would you have felt?
- 3.What would have happened if you hadn't skipped your last health check-up?
- 4.If you had taken a break during a stressful week, how would things have gone?
- 5.How would your fitness be different now if you had started exercising last year?