**First conditional**

**Form**

* We form the first conditional using:

***if + present simple, will + infinitive without to***

*lf you make a plan, you will succeed.*

*You won't lose weight if you eat a lot of junk food.*

* We can use *if* in two positions:

*If-*clause first: *If you believe in yourself, you will achieve your dream.*

Main clause first: *You will achieve your dream if you believe in yourself.*

When the *if*-clause is at the beginning of the sentence, we use a comma to separate it from the main clause.

**Use**

* We use the first conditional to talk about a possible future action or situation. We can also use the first conditional to talk about things that are generally true.

*lf you take up a new sport, you'll get fitter.*

*If you eat fatty foods, you won't be healthy.*

* We can also use *unless* instead of *if* to talk about situations in the future. We use the present tense *if*, *whether* and *unless*, when we refer to future events. *Unless* has a negative meaning.

*You won't get thinner unless you give up biscuits and cakes*.

(= You won't get thinner if you don't give up biscuits and cakes.)