



Practice Exercises: Be Allowed To · Be Supposed To · Be Able To

Exercise 1 – Choose the Correct Option

Choose the correct form in each sentence.

1. Are we **(allowed to / able to)** bring food into the cinema?
2. He wasn't **(supposed to / able to)** lift the box because it was too heavy.
3. Students are **(supposed to / allowed to)** submit their assignments by Friday.
4. I haven't **(been able to / been allowed to)** sleep well this week due to stress.
5. Visitors are not **(able to / allowed to)** enter the building after 9 p.m.
6. She was finally **(able to / supposed to)** finish the marathon despite the injury.
7. We are **(supposed to / allowed to)** wear uniforms, but nobody really follows the rule.
8. Will you **(be able to / be supposed to)** attend the meeting tomorrow?

Exercise 2 – Complete the Sentences

Complete each sentence using the correct form of

be allowed to, be supposed to, or be able to.

1. Children _____ stay up late on school nights.
2. I hope I _____ take some time off next month.
3. You _____ turn off your phone during the exam.
4. She hasn't _____ access her email all day.
5. Are we _____ bring guests to the event?
6. Employees _____ follow the company's safety rules.
7. He was injured but _____ finish the match.
8. We _____ arrive early, but the traffic was terrible.

Exercise 3 – Correct the Mistakes

Each sentence contains a mistake. Rewrite it correctly.

1. ✗ Am I able to use my phone during the test?
2. ✗ We supposed to finish the report by Friday.
3. ✗ Yesterday, they can enter the museum for free.
4. ✗ He isn't allowed help his parents after school.
5. ✗ She could finish the race despite the injury.
6. ✗ Are you supposed wear formal clothes at work?

Exercise 4 – Meaning Match

Match each sentence (1–6) with its meaning (A–C).

Sentences

1. We are allowed to work from home on Fridays.
2. We are supposed to work from home on Fridays.
3. We are able to work from home on Fridays.
4. He wasn't able to attend the meeting.
5. He wasn't allowed to attend the meeting.
6. He wasn't supposed to attend the meeting.

Meanings

- A. It was against the rules.
- B. It was expected or required.
- C. It was not possible due to circumstances.

Exercise 5 – Rewrite Using the Word Given

Rewrite the sentence using the word in brackets. Do **not** change the meaning.

1. It wasn't possible for her to finish on time.
(*able*)
→ She _____.
2. The rules say that students must not use calculators.
(*supposed*)
→ Students _____.
3. They gave us permission to enter the building.
(*allowed*)
→ We _____.
4. He didn't manage to open the door because it was locked.
(*able*)
→ He _____.
5. According to the rules, employees must wear ID badges.
(*supposed*)
→ Employees _____.

Exercise 6 – Choose the Best Explanation

Choose the sentence that best explains the situation.

1. There is a rule, but many people ignore it.
A. You must arrive by 8.
B. You are supposed to arrive by 8.
2. The action was difficult but successful.
A. He could complete the task.
B. He was able to complete the task.
3. The action is forbidden.
A. You are not able to park here.
B. You are not allowed to park here.

ANSWER KEY

Exercise 1

1. allowed to
2. able to
3. supposed to
4. been able to
5. allowed to
6. able to
7. supposed to
8. be able to

Exercise 2

1. are not supposed to
2. will be able to / will be allowed to (both possible, context-dependent)
3. are supposed to
4. been able to
5. allowed to
6. are supposed to
7. was able to
8. were supposed to

Exercise 3

1. Am I **allowed to** use my phone during the test?
2. We **are supposed to** finish the report by Friday.
3. Yesterday, they **were allowed to** enter the museum for free.
4. He isn't allowed **to help** his parents after school.
5. She **was able to** finish the race despite the injury.
6. Are you supposed **to wear** formal clothes at work?

Exercise 4

- 1 → A
- 2 → B
- 3 → C
- 4 → C
- 5 → A

6 → B

Exercise 5

1. She **wasn't able to finish on time.**
2. Students **are not supposed to use calculators.**
3. We **were allowed to enter the building.**
4. He **wasn't able to open the door.**
5. Employees **are supposed to wear ID badges.**

Exercise 6

1. **B**
2. **B**
3. **B**