

Lesson C *Used to*

Study the chart and explanation on page 129.

1 Circle *use* or *used*.

1. Did Angie use / **used** to have high blood pressure?
2. They **use** / **used** to drink a lot of coffee.
3. Tia and Arturo **use** / **used** to go to the gym every weekend.
4. Did Wesley **use** / **used** to drive to work?
5. We **use** / **used** to eat hamburgers and fries.
6. Did you **use** / **used** to feel tired all the time?

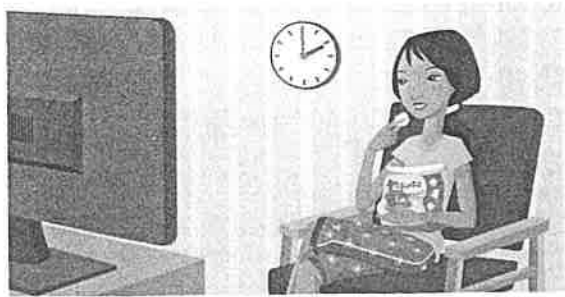
2 Complete the sentences. Use *used to* or *use to*.

1. When I was a teenager, I used to play soccer.
2. Did you _____ exercise a lot when you were young?
3. In my country, I _____ eat rice every day.
4. When I was a child, I _____ drink milk every morning.
5. Did you _____ watch TV when you were a child?
6. I _____ get up late every day, but now I get up early.

3 Complete the paragraph. Use *used to* or the simple present tense.

Samantha used to eat a lot of chocolate and ice cream. Now, she
1. eat
eats a lot of fruit and _____ vitamins every day.
2. eat 3. take
She _____ only once a week, but now she _____
4. exercise 5. go
to the gym three times a week. She _____ to work, but now she
6. drive
_____ a bike. She _____ a lot of coffee, but now
7. ride 8. drink
she _____ tea or fruit juice. She _____ tired all the
9. drink 10. feel
time, but now she _____ a lot of energy. Samantha has changed her
11. have
habits and feels much better now.

4 Read the chart. Write sentences about Emilia.



Before

1. Stay up until 2:00 a.m.
2. Eat meat every day
3. Go straight home after work
4. Eat a lot of fatty foods
5. Skip breakfast

Now

- Go to bed at 10:00 p.m.
- Eat fish twice a week
- Go to the gym three times a week
- Eat salad and vegetables
- Eat fruit and yogurt for breakfast

1. *Emilia used to stay up until 2:00 a.m., but now she goes to bed at 10:00 p.m.*
2. _____
3. _____
4. _____
5. _____

5 Write questions and answers about what Emilia used to do. Use the information in Exercise 4.

1. Emilia / stay up until 2:00 a.m.
A *Did Emilia use to stay up until 2:00 a.m.* _____?
B _____.
2. she / eat meat every day
A _____?
B _____.
3. she / go to the gym three times a week
A _____?
B _____.