12 Being Healthy

Discover Grammar

A Listen and read. 25

Did you use to eat your vegetables?

When you were small, did your parents use to say, "Eat your vegetables, or you won't grow!"? Did you use to listen to them? Or did you use to hide your vegetables under your plate? Today, we may not always like our carrots and our peas, but we know they're good for us and make us healthy. But many years ago, people didn't use to know that there were vitamins and minerals in their food. They often became sick, and they didn't know why.

One of the first people to think about food and health was a man called Dr. James Lind. He became a doctor on a ship in 1747. At that time, sailors used to go on long sea voyages, and they often caught a disease called scurvy. In those days, they didn't use to have refrigerators. So, they used to eat a lot of dried meat and bread, but no fruit or vegetables. Dr. Lind thought that the sailors' diet was the reason for scurvy. He started to experiment. He decided to give the sailors some fruit to eat. He gave them limes and they recovered from their sickness. Two hundred years later, scientists discovered that limes are full of Vitamin C, which keeps us healthy. Dr. Lind's experiment was the beginning of our understanding of how food can make us healthy.



B Read again. Underline four questions with *use to*, two sentences with *didn't use to*, and two sentences with *used to*.

C Are the sentences true or false? Write *T* (true) or *F* (false).

1 People used to become sick a lot because they didn't eat the right foods. ____
2 In the 1740s, many sailors used to go on long sea voyages. ____
3 Many sailors used to catch a disease called scurvy. ____
4 There used to be huge refrigerators on their ships. ____
5 The sailors used to eat a lot of dried meat and bread. ____
6 The sailors used to take a lot of fruit and vegetables on their sea voyages. ____

LIVEWORKSHEETS

Learn Grammar

A **Read and learn.**

Used To

Use *used to* to talk about situations that were true in the past, but aren't true now. Or actions that happened often in the past.



Used to, didn't use to, or *use to* go before the main verb in the sentence.

Affirmative

Sailors used to go on long sea voyages.

Negative

They didn't use to have refrigerators.

Questions

Did you use to eat your vegetables?
Yes, I did. / No, I didn't.

What did they use to drink?

B **Check the correct sentences.**

1 a People used to drink dirty water 100 years ago. ☐
  b People use to drink dirty water 100 years ago. ☐
2 a They didn't use to understand dirty water was dangerous. ☐
  b They didn't used to understand dirty water was dangerous. ☐
3 a Did they used to have clean kitchens? ☐
  b Did they use to have clean kitchens? ☐
4 a People didn't use to understand the danger of bacteria. ☐
  b People didn't use understand the danger of bacteria. ☐

C **Circle the correct words.**



1 Years ago, there didn't **use to / used to** be clean hospitals.
2 Patients **use to / used to** get sick because of this.
3 Doctors and nurses **didn't use / didn't use to** understand the importance of cleanliness.
4 They **use to / used to** think medicine was more important.
5 They didn't **used to / use to** have good health care.

LIVEWORKSHEETS

D Complete the questionnaire with *used to* or *didn't use to*. Write answers that are true for you.

What were you like when you were six?

Were you active?

1 

I _____ play in the park.

2 

I _____ go swimming.

3 

I _____ play soccer.

Did you use to eat healthy food?

4 

I _____ like vegetables.

5 

I _____ like fruit.

6 

I _____ eat pizza.

Were you healthy?

7 

I _____ get a lot of colds.

8 

I _____ get flu.

E Read the conversation and write the missing words.

Leo Look at this questionnaire, Tarik, and I'll ask you some of the questions.
Tarik All right.
Leo Did you [1] _____ go to the park?
Tarik [2] _____. I didn't use to live near a park.
Leo Did you [3] _____ play soccer?
Tarik [4] _____. I loved soccer.
Leo Did you [5] _____ like vegetables?
Tarik [6] _____. But I used to love fruit.
Leo [7] _____ eat pizza?
Tarik [8] _____. But I don't like it now!

F Write the questions.

1 you / go / to the beach / ?
Did you use to go to beach?

2 you / swim / in the sea / ?
_____

3 you / eat / a lot of chocolate / ?
_____

4 you / like / bananas / ?
_____

LIVEWORKSHEETS

G Complete the text with *use to, didn't use to,* or *used to* and the verbs in parentheses.

What were you like when you were six?

Did you [1] _____ (be) healthy? Did you [2] _____ (do) lots of activities? Did you [3] _____ (eat) your vegetables? Write and tell us.



I'm Mara. I'm ten-years-old. When I was six, I was very different. I [4] _____ (play) in the garden. Now, I play with my friends in the park. I [5] _____ (ride) my bike. Now, I go on my skateboard. I [6] _____ (not like) carrots. Now, I love them! I [7] _____ (not get up) late. Now, I sleep all the time! I [8] _____ (be) healthy. And now, well, I think I'm still healthy!

H Look at the chart and write sentences. What did Mara use to do?

	watch TV	ride a bike	love ice cream	go to bed early	have a lot of colds
At six	✗	✗	✗	✓	✓
Now	✓	✓	✓	✗	✗

1 She didn't use to watch TV. She watches TV now.

2 _____

3 _____

4 _____

5 _____

Let's Write!

I Write sentences with *used to / didn't use to*. Use the ideas in the box or your own ideas.

do / a lot of exercise have / a bike eat / healthy food
watch / a lot of TV like / music play / a musical instrument

When I was six, I used to do a lot of exercise.

_____

_____

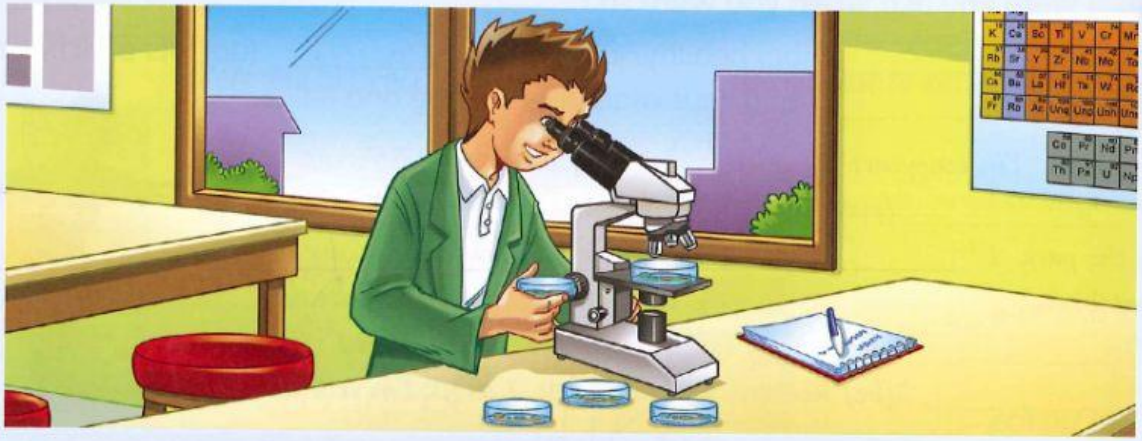
_____

_____

LIVEWORKSHEETS

Module 6 Review

A Check the correct sentences. Correct the wrong sentences.



1 Felix wants to be a doctor. He wants to work in a big, modern hospital. ☐
2 He wants to wear a nice, cotton, green coat. ☐
3 He loves doing interesting, new experiments at home. ☐
4 His parents bought him a huge, old microscope. ☐
5 He likes growing yellow, ugly mold in petri dishes. ☐

B Complete the sentences about children who entered a science competition. Use the adjectives in parentheses.

1 Felix grew some _____ mold. (green / interesting)
2 Irene built a _____ robot. (tiny / fantastic / silver)
3 Sam created a _____ bag. You can use it again and again. (green / large / plastic)
4 Mara wrote a _____ idea about space. (new / fascinating)
5 Amy designed a _____ lab coat. It glows in the dark. (cotton / large / pink

C Complete the conversation with *use to*, *didn't use to*, or *used to* and the verbs in parentheses.

Carlos Did you [1] _____ (like) school?
Dad Yes, I did. I [2] _____ (have) a great time with my friends.
Carlos Did you [3] _____ (enjoy) the lessons?
Dad Well, I [4] _____ (not like) history because I wasn't very good at it. But I [5] _____ (love) science. I [6] _____ (have) a brilliant science teacher.
Carlos What did you [7] _____ (learn) about?
Dad We [8] _____ (learn) about all kinds of things, like space and medicine. It was great!

LIVEWORKSHEETS

Exam Time

D **Read the conversation and choose the correct answers from a–h. There are two extra answers.**

Alice I'm reading a book about hospitals 100 years ago.
Grace [1] _____
Alice They used to be very dirty. People didn't use to understand about bacteria.
Grace [2] _____
Alice Yes, it did. They didn't use to cook healthy things. Florence Nightingale was one of the first nurses to change things.
Grace [3] _____
Alice Well, she used to wash the patients, and she used to clean the hospital.
Grace [4] _____
Alice Yes, she did. She used to make good food in a small, clean kitchen.
Grace [5] _____
Alice I want to be an astronaut, or a pilot! What about you?
Grace [6] _____

a She didn't use to be a nurse.
b Did the food use to be bad, too?
c Well, I used to want to be a teacher, but now I want to be a nurse like Florence Nightingale!
d What did they use to be like?
e They didn't use to like it.
f What job do you want to do?
g What did she use to do?
h Did she use to cook for them, too?



Extra

E **Write sentences about the toys and clothes you had when you were young. Use the ideas in the box or your own ideas.**

My clothes

a long, pink dress | a pair of big, red shorts | an old, green T-shirt

My toys

an old, brown teddy bear | a little, wooden toy car | a big, red, round ball

I used to have a long, pink dress. I didn't use to like jeans.

LIVEWORKSHEETS