

### Back Then

When I was a teenager, I used to stay up very late watching TV. I didn't worry about sleep or feeling tired the next day. I also used to eat a lot of fast food, especially burgers and fries.

One day, I forgot to study for a test because I spent the night watching movies. I failed the test. My teacher was very disappointed. After that, I changed. I stopped eating so much fast food and started studying more. Now I go to bed earlier, and I feel better every day.

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1. What did the writer use to do at night?

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2. What kind of food did they use to eat?

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3. What happened when they didn't study for a test?

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4. How did the teacher feel?

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5. What habits did the writer change?

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**Match the phrase to its meaning:**

Phrase	Meaning
1. Used to stay up	A. Failed
2. Felt disappointed	B. Went to sleep late regularly
3. Forgot to study	C. Was not happy about something
4. Didn't pass the test	D. Didn't remember to prepare

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**Grammar Focus: Used to vs. Past Simple**

☒ **Used to = past habits that are not true now**

**Examples:**

- I used to watch TV late at night. (I don't do it now)
- She used to eat fast food every day.

☒ **Past Simple = completed actions in the past**

**Examples:**

- I failed a test.
- She changed her habits.

**Compare:**

- I **used to smoke**, but I don't now. ✓
  - I **smoked** yesterday. ✓ (Past action)
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**Practice A: Choose the correct option**

1. When I was young, I (used to / use to / use) eat candy every day.
2. She (used / use / uses) to go dancing every weekend.
3. We (used to / did use to / were used to) live in London.

4. I (had / used to / was having) long hair when I was 18.
5. They (played / used to / were playing) football every Saturday.

### **Practice B: Write sentences using "used to" or Past Simple**

#### **Prompts:**

1. You / eat / vegetables / (past vs. now)

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2. I / not like / coffee / (past)

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3. We / play / outside / every afternoon

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4. My brother / be / very shy

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5. She / go / the gym / last night

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