

Lesson 18

1 PHRASE OF THE DAY

今日のフレーズ

When I was young, I used to play soccer.

若い頃は、サッカーをしていました。



2 SITUATION

状況

Nicole and Shogo are talking about exercise and diet.
ニコルとショウゴは、運動とダイエットについて話しています。

3 DIALOGUE

ダイアログ

Directions: First repeat after your tutor and then practice each role.

課題: 先生の後が続いてくり返した後、それぞれの役を練習してみましょう。

Nicole : You keep in good shape. Do you exercise?

ニコル:
きみは体型保ってるよね。何か運動はしているの？

Shogo: **When I was young, I used to play soccer.** Now I don't have any time. How about you?

ショウゴ:
若い頃はサッカーをしてたよ。今は時間がなくてやってないけど。ニコルは？

Nicole : I used to go to the gym but these days I'm a bit lazy.

ニコル:
以前はジムに行っていたけど、最近は怠け気味よ。

Shogo : Exercising is better than skipping meals and dieting.

ショウゴ:
運動は食事を抜いたり、食事制限より効果があるよ。

Nicole : I know... I tried jogging and going to the gym but it didn't work.

ニコル:
分かてるわ、ジョギングいったり、ジムに行ったりしたけど効果がなくて。

Shogo : Why? Because you are lazy?

ショウゴ:
何で？怠け者だから？

Nicole : I have to get out of the habit of drinking like a fish every night.

ニコル:
毎晩、たくさん飲んでしまう習慣を断ち切らないとダメだわ。

4 VOCABULARY

語い

Directions: First repeat after your tutor and then read aloud by yourself.

課題: 先生の後が続いてくり返した後、今度はひとりで発音してみましょう。

lazy 怠惰な

habit 習慣

get out of やめる、立ち切る

drink like a fish 大酒飲み

Lesson 18

5 LANGUAGE FOCUS

今日のポイント

When I was young, I used to play soccer.

若い頃は、サッカーをしていました。

(Used to) Describes a Regular Action or State in the Past**That is Different Now.**

現在と違う過去の習慣的な行動や状態を表現する

- | | |
|-------------------------------------------------------|--------------------------------|
| 1) I used to be very shy. | But now I'm really confident. |
| 2) When I was young, I used to play the piano. | But now I don't. |
| 3) Kate used to have long hair. | Now she has short hair. |
| 4) Tracy used to be my best friend. | But we are not friends anymore |
| 5) Christine used to eat meat | But now she is a vegetarian. |
| 6) I didn't use to drink . | Now I'm a wine lover. |
| 7) Did you use to work here? | Yes I did, it was a great job. |

6 ACTIVITY

練習

Activity : You changed your lifestyle. You stopped doing some things and started doing other things. Make sentences with use to ~ "I **used to hate** potatoes but now I love them."

練習：あなたは生活習慣を変えています。何かを止めて別のことを始めています。以下の質問に対して答えてみましょう。Used to ~を使って文章を作ってみましょう。「じゃがいもが嫌いでしたが、今は好きです。」

You stopped ---

- 1) always sleeping late
- 2) going out every night
- 3) spending lots of money
- 4) smoking and drinking

You started ---

- 1) studying hard
- 2) going to bed early
- 3) saving money in the bank
- 4) running 30 minutes every morning

Hints

ヒント

(Used to) and (would) can both be used to talk about past actions.

"I **used to go** on holiday to France every year""I **would go** on holiday to France every year"

(Would) can only be used for actions, not states.

Wrong: She **would have** long hair when she was young.**Right:** She **used to have** long hair when she was young.