

## 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: 先生の後に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:  
分かってるわ、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: 先生の後に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

**get out of** やめる、立ち切る

**habit** 習慣

**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 <b>used to be</b> very shy.                      | But now I'm really confident.   |
| 2) When I was young, I <b>used to play</b> the piano. | But now I don't.                |
| 3) Kate <b>used to have</b> long hair.                | Now she has short hair.         |
| 4) Tracy <b>used to be</b> my best friend.            | But we are not friends anymore. |
| 5) Christine <b>used to eat</b> meat.                 | But now she is a vegetarian.    |
| 6) I <b>didn't use to drink</b> .                     | Now I'm a wine lover.           |
| 7) <b>Did you use to work</b> 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 used to~, as "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。

used to~を使って、「じゃがいもが嫌いでしたが、今は好きです。」のような文章を作ってみましょう。

## 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.