

Used to For Habitual Actions

Use **used to** and the base form of a verb for habitual actions in the past that are not true now.

I	used to or didn't use to
You	
He/ She	
They	
WE	

Examples for statements:

- My son **used to love** candy. But now he doesn't care for it.



- I **didn't use to eat** vegetables. But now I love them.



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Examples for questions and answers:

- **Didn't** Frank **used to avoid** sweets? → Yes, he did. / No, he didn't.



- **What did** you **use to eat** for lunch? → Chips and diet soda. But not anymore.

Examples:

1. I used to eat fatty foods.
2. Jack used to like dairy products.
3. Sally used to be a vegetarian.
4. I used to like seafood.