

LIFE – Old habits

TRANSCRIPT

When I was a kid I was a real telly addict. My mum used to go nuts because I would spend hours glued to the telly after school and during the weekends. I was a bit of a couch potato as a kid, so I would lie around for hours channel-hopping. I would watch anything. I also used to watch my favourite films on a loop. I never got bored of them. As I got older though, I got into football in a big way. As a teenager, I would play football with my mates during every break time. I used to hate school but the only thing I loved then was playing football.

I didn't use to be very sporty either so while my brother would go out and play in the sun, I would be stuck indoors. I just couldn't be bothered to play sport when I could be watching a film instead. I used to hate football, if you can believe that. Now I love it, but I just wasn't into it at all. I used to love reading then as well, so I always had my head stuck in a book. I used to be a real bookworm, but that hasn't changed much today. The problem now is just finding the time to read as much as I want.

I used to hate eating cheese. I couldn't stand the smell or the taste. Now, I love it. Any type of cheese I like, although I don't eat much these days because I don't want to get fat! Now, I eat most types of food but I think I was quite picky as a child. I used to hate vegetables so much, particularly carrots. So I think I used to be pretty unfit as a kid, eating the wrong things, not doing exercise. I enjoy exercise now. These days I like to work out so I can stay in shape, although I don't overdo it but I didn't use to do much exercise at all. I would spend hours slumped in front of the telly as a kid, so it's just as well I changed when I grew up!

VOCABULARY

a telly addict – someone who can't stop watching TV

go nuts – get very angry, go crazy

glued to the telly – only looking at the TV, unwilling to turn away from the TV

a couch potato – a lazy person (literally someone who just lies on the sofa all the time)

lie around – relaxing, doing nothing, being lazy

channel-hopping – constantly changing the TV channel, never watching one programme for long

on a loop – do something again and again, repeating without end, in a circle

mates (Br. slang) – friends

sporty – someone who enjoys practicing sport, fit and healthy

stuck indoors – unwilling or unable to leave the house

couldn't be bothered – not interested in doing something

have you head stuck in a book – be really interested in reading, love reading

a bookworm – someone who loves reading

picky – someone who only likes certain things, someone who is hard to please

unfit – not physically strong or healthy

work out – do physical exercise in the gym

stay in shape – keep fit and healthy

overdo something – do something too much to the point where it can be dangerous

slump in front of the telly – sitting heavily and lazily, being inactive

it's just as well – it's a good or lucky thing to happen

grow up – get older, become more mature and change for the better

GRAMMAR

Past habits – used to/would

*I **used to** play football every day at school*

*I **would** play football every day at school*

Use **used to** or **would** to talk about past actions

*I **used to** hate school*

*I **used to** be a real bookworm*

Only use **used to** for past states

*I **didn't use to** be very sporty*

***Did you use to** be very sporty?*

Remember to drop the 'd' for negatives and questions