Has – Have – Had

Has is used for a third person (noun or pronoun) to show possession.

Example:
He has new shoes.
She has a nice coat.
It has long nails.

Has or Have are also used as helping verbs in forming present perfect tense not as indicator of possession.

Example:
I have told her.
She has told me.
We have told you.

The past tense form of Have and Has is Had. It works for all nouns and pronouns to show possession in the past.

Example:
I had a nice car.
She had a blue skirt.
We had time for it.

Had is also used as a helping verb to form the past perfect tense.

Example:
I had seen her.
We had seen them.
He had read the letter.

Have and Had are also used to show actions such as eating, drinking.

Example:
I have breakfast.
We had dinner.
They had a good time.