

MY LINGUA ACADEMY

100 Phrasal Verbs for Everyday Use

PRACTICE WORKBOOK

Meanings • Examples • Vocabulary Practice • Speaking • Reviews • Final Test

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About This Workbook

This workbook accompanies the lesson “100 Phrasal Verbs for Everyday Use”. It is designed for independent learners, teachers and students working at approximately B1–B2 level.

The exercises recycle the same phrasal verbs in several ways: matching, gap filling, multiple choice, sentence transformation, error correction and personal speaking practice. Repeated contact helps learners remember not only the meaning, but also the correct tense, particle and word order.

British English spelling and usage are used throughout. Some phrasal verbs are informal; this is indicated by their everyday contexts.

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How to Use the Workbook

1. Study the reference table at the beginning of each unit.
2. Complete the exercises without looking back whenever possible.
3. Say the complete phrasal verb aloud, including its particle.
4. Use the speaking questions to connect the vocabulary with your own life.
5. Complete each review before moving to the next pair of units.
6. Take the final test, mark your answers and revise any weak areas.

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Before You Begin: How Phrasal Verbs Work

A phrasal verb is formed from a verb and one or more particles. The particle may look like a preposition or adverb, but together the words create a particular meaning: get up, look after, run out of.

Some phrasal verbs are separable. A noun can come after the particle or between the verb and particle: Turn off the television. / Turn the television off. With a pronoun, the pronoun must go in the middle: Turn it off.

Other phrasal verbs are inseparable: She looks after her grandmother. We ran out of milk. I am looking forward to the weekend.

Learn each phrasal verb as a complete expression. Record its meaning, an example sentence and any important word-order pattern.

Unit 1: General Daily Use

Study the reference table, then complete the exercises. Use the correct tense and word order where necessary.



LEARN | Reference

Phrasal verb	Meaning	Example sentence
get up	leave your bed after sleeping	She usually gets up as soon as her alarm rings.
wake up	stop sleeping	I normally wake up at seven in the morning.
put on	place clothing on your body	He put on his jacket before leaving the house.
take off	remove clothing from your body	Please take off your wet shoes at the door.
turn on	start a device or supply of electricity	Could you turn on the kettle?
turn off	stop a device or supply of electricity	Do not forget to turn off the lights.
set off	begin a journey	We set off early to avoid the morning traffic.
come back	return to a place	He came back from work later than usual.
go out	leave home for entertainment or social activity	We are going out for dinner tonight.
stay in	remain at home rather than go out	Let us stay in and watch a film.

Exercise 1: Match the phrasal verbs and meanings

Write the correct letter beside each phrasal verb.

Phrasal verbs	Definitions
1. get up ____	A. start a device or supply of electricity
2. wake up ____	B. leave your bed after sleeping
3. put on ____	C. stop a device or supply of electricity
4. take off ____	D. remain at home rather than go out
5. turn on ____	E. remove clothing from your body
6. turn off ____	F. stop sleeping
7. set off ____	G. begin a journey
8. come back ____	H. leave home for entertainment or social activity
9. go out ____	I. return to a place
10. stay in ____	J. place clothing on your body

Exercise 2: Complete the sentences

Use each phrasal verb from the box once. Change its form where necessary.

go out • set off • turn off • come back • put on • turn on • wake up • stay in • take off • get up

1. She usually _____ as soon as her alarm rings.
2. I normally _____ at seven in the morning.
3. He _____ his jacket before leaving the house.
4. Please _____ your wet shoes at the door.
5. Could you _____ the kettle?
6. Do not forget to _____ the lights.
7. We _____ early to avoid the morning traffic.
8. He _____ from work later than usual.
9. We are _____ for dinner tonight.
10. Let us _____ and watch a film.

Exercise 3: Choose the best phrasal verb

Choose A, B or C.

1. Remain at home rather than go out:
A. set off B. turn off C. stay in
2. Stop a device or supply of electricity:
A. put on B. turn off C. wake up
3. Leave home for entertainment or social activity:
A. put on B. turn off C. go out
4. Leave your bed after sleeping:
A. wake up B. put on C. get up
5. Remove clothing from your body:
A. stay in B. turn off C. take off

Exercise 4: Make it personal

Discuss the questions with a partner or write two or three sentences for each one.

1. What time do you usually get up on weekdays?

2. What is the first device you turn on in the morning?

3. When did you last stay in instead of going out?

4. What do you always take off when you enter your home?

5. What time would you set off for a long journey to avoid traffic?

Unit 2: Communication

Study the reference table, then complete the exercises. Use the correct tense and word order where necessary.



LEARN | Reference

Phrasal verb	Meaning	Example sentence
speak up	speak more loudly	Could you speak up, please? I cannot hear you.
pipe down	stop talking or become quieter	Please pipe down. The baby is sleeping.
chat up	talk to someone in a flirtatious way	He was trying to chat her up at the party.
go on	continue speaking	Go on. I am listening.
hang up	end a telephone call	She hung up before I could explain.
get through to	successfully contact someone by telephone	I finally got through to the doctor's surgery.
ring up	telephone someone	I will ring you up when I arrive.
drop by	visit someone informally and usually briefly	Helen dropped by for a quick cup of tea.
pop in	make a short informal visit	I popped in to see my neighbour on the way home.
catch up with	exchange news with someone you have not seen recently	I met Emma for coffee to catch up with her.

Exercise 1: Match the phrasal verbs and meanings

Write the correct letter beside each phrasal verb.

Phrasal verbs	Definitions
1. speak up ____	A. telephone someone
2. pipe down ____	B. visit someone informally and usually briefly
3. chat up ____	C. talk to someone in a flirtatious way
4. go on ____	D. stop talking or become quieter
5. hang up ____	E. end a telephone call
6. get through to ____	F. speak more loudly
7. ring up ____	G. make a short informal visit
8. drop by ____	H. successfully contact someone by telephone
9. pop in ____	I. continue speaking
10. catch up with ____	J. exchange news with someone you have not seen recently

Exercise 2: Complete the sentences

Use each phrasal verb from the box once. Change its form where necessary.

drop by • catch up with • hang up • go on • pop in • chat up • speak up • ring up • get through to • pipe down

1. Could you _____, please? I cannot hear you.
2. Please _____. The baby is sleeping.
3. He was trying to _____ her _____ at the party.
4. _____. I am listening.
5. She _____ before I could explain.
6. I finally _____ the doctor's surgery.
7. I will _____ when I arrive.
8. Helen _____ for a quick cup of tea.
9. I _____ to see my neighbour on the way home.
10. I met Emma for coffee to _____ her.

Exercise 3: Choose the best phrasal verb

Choose A, B or C.

1. Telephone someone:
A. pipe down B. ring up C. hang up
2. Visit someone informally and usually briefly:
A. pipe down B. pop in C. drop by
3. Make a short informal visit:
A. speak up B. pop in C. chat up
4. Successfully contact someone by telephone:
A. pop in B. go on C. get through to
5. Stop talking or become quieter:
A. pipe down B. catch up with C. speak up

Exercise 4: Make it personal

Discuss the questions with a partner or write two or three sentences for each one.

1. Who do you ring up most often?

2. When did a friend last drop by or pop in?

3. Who would you like to catch up with soon?

4. Have you ever hung up because you were annoyed?

5. In which situations might someone need to speak up?

Review 1: Units 1-2

Part A: Mixed gap fill

Complete the sentences with phrasal verbs from the box. Change the form where necessary.

come back • stay in • go out • chat up • hang up • drop by • put on • pipe down • get through to • set off

1. Let us _____ and watch a film.
2. Helen _____ for a quick cup of tea.
3. We are _____ for dinner tonight.
4. He _____ his jacket before leaving the house.
5. I finally _____ the doctor's surgery.
6. He was trying to _____ her _____ at the party.
7. She _____ before I could explain.
8. He _____ from work later than usual.
9. We _____ early to avoid the morning traffic.
10. Please _____. The baby is sleeping.

Part B: Sentence transformations

Complete the second sentence using the word given. Do not change the word given.

1. We decided to remain at home and watch a film.

STAY:

2. Please speak more loudly because I cannot hear you.

UP:

3. I contacted the surgery successfully after several attempts.

THROUGH:

4. She visited briefly on her way to work.

DROPPED:

5. We exchanged news over lunch.

CAUGHT:

Part C: Quick conversation

1. Ask and answer a question using "hang up".

2. Ask and answer a question using "ring up".

3. Ask and answer a question using "catch up with".

4. Ask and answer a question using "go out".

5. Ask and answer a question using "chat up".

Unit 3: Work and Study

Study the reference table, then complete the exercises. Use the correct tense and word order where necessary.



LEARN | Reference

Phrasal verb	Meaning	Example sentence
look into	investigate something	The manager is looking into the complaint.
fill in	complete a form by writing information	Please fill in this application form.
hand in	submit a piece of work	I handed in my essay before the deadline.
take on	accept work or responsibility	She has taken on several new responsibilities.
get ahead	make progress or become successful	He works hard because he wants to get ahead in his career.
knuckle down	begin working seriously and with determination	You need to knuckle down if you want to pass the exam.
catch on	begin to understand something	The new software seemed difficult, but I soon caught on.
drop out	leave a course before completing it	He dropped out of university during his second year.
go over	review or examine something carefully	Let us go over your answers before the test.
brush up on	improve your knowledge of something previously learnt	I need to brush up on my French before the holiday.

Exercise 1: Match the phrasal verbs and meanings

Write the correct letter beside each phrasal verb.

Phrasal verbs	Definitions
1. look into ____	A. investigate something
2. fill in ____	B. leave a course before completing it
3. hand in ____	C. accept work or responsibility
4. take on ____	D. complete a form by writing information
5. get ahead ____	E. begin to understand something
6. knuckle down ____	F. review or examine something carefully
7. catch on ____	G. make progress or become successful
8. drop out ____	H. improve your knowledge of something previously learnt
9. go over ____	I. begin working seriously and with determination
10. brush up on ____	J. submit a piece of work

Exercise 2: Complete the sentences

Use each phrasal verb from the box once. Change its form where necessary.

hand in • get ahead • look into • take on • knuckle down • fill in • go over • brush up on • drop out • catch on

1. The manager is _____ the complaint.
2. Please _____ this application form.
3. I _____ my essay before the deadline.
4. She has _____ several new responsibilities.
5. He works hard because he wants to _____ in his career.
6. You need to _____ if you want to pass the exam.
7. The new software seemed difficult, but I soon _____.
8. He _____ university during his second year.
9. Let us _____ your answers before the test.
10. I need to _____ my French before the holiday.

Exercise 3: Choose the best phrasal verb

Choose A, B or C.

1. Review or examine something carefully:
A. go over B. look into C. catch on
2. Improve your knowledge of something previously learnt:
A. brush up on B. go over C. catch on
3. Begin to understand something:
A. look into B. brush up on C. catch on
4. Accept work or responsibility:
A. look into B. hand in C. take on
5. Complete a form by writing information:
A. catch on B. fill in C. drop out

Exercise 4: Make it personal

Discuss the questions with a partner or write two or three sentences for each one.

1. Which skill would you like to brush up on?

2. What helps you knuckle down when work is difficult?

3. Have you ever taken on too much work?

4. What should a company look into when customers complain?

5. How carefully do you go over your work before handing it in?

Unit 4: Travel

Study the reference table, then complete the exercises. Use the correct tense and word order where necessary.



LEARN | Reference

Phrasal verb	Meaning	Example sentence
get on	enter a bus, train, plane or other large vehicle	We got on the bus outside the station.
get off	leave a bus, train, plane or other large vehicle	You need to get off at the next stop.
check in	register at a hotel or airport	We checked in two hours before our flight.
check out	leave a hotel after paying	The guests must check out by eleven o'clock.
lift off	leave the ground and begin flying	The aircraft lifted off shortly after nine.
touch down	land on the ground	We touched down in London ahead of schedule.
hold up	delay someone or something	We were held up by heavy traffic.
set out	begin a journey or activity	The walkers set out just after sunrise.
pick up	collect someone and take them somewhere	Could you pick me up from the station?
drop off	take someone somewhere and leave them there	I will drop you off outside the hotel.

Exercise 1: Match the phrasal verbs and meanings

Write the correct letter beside each phrasal verb.

Phrasal verbs	Definitions
1. get on ____	A. delay someone or something
2. get off ____	B. register at a hotel or airport
3. check in ____	C. take someone somewhere and leave them there
4. check out ____	D. collect someone and take them somewhere
5. lift off ____	E. enter a bus, train, plane or other large vehicle
6. touch down ____	F. land on the ground
7. hold up ____	G. leave the ground and begin flying
8. set out ____	H. leave a bus, train, plane or other large vehicle
9. pick up ____	I. leave a hotel after paying
10. drop off ____	J. begin a journey or activity

Exercise 2: Complete the sentences

Use each phrasal verb from the box once. Change its form where necessary.

touch down • hold up • check out • check in • pick up • drop off • lift off • set out • get on • get off

1. We _____ the bus outside the station.
2. You need to _____ at the next stop.
3. We _____ two hours before our flight.
4. The guests must _____ by eleven o'clock.
5. The aircraft _____ shortly after nine.
6. We _____ in London ahead of schedule.
7. We were _____ by heavy traffic.
8. The walkers _____ just after sunrise.
9. Could you _____ from the station?
10. I will _____ outside the hotel.

Exercise 3: Choose the best phrasal verb

Choose A, B or C.

1. Enter a bus, train, plane or other large vehicle:
A. get on B. set out C. touch down
2. Leave a hotel after paying:
A. check out B. pick up C. get off
3. Collect someone and take them somewhere:
A. pick up B. hold up C. get off
4. Take someone somewhere and leave them there:
A. lift off B. get on C. drop off
5. Leave the ground and begin flying:
A. get on B. lift off C. touch down

Exercise 4: Make it personal

Discuss the questions with a partner or write two or three sentences for each one.

1. How early do you normally check in for a flight?

2. Who usually picks you up from the airport or station?

3. Have you ever been held up on an important journey?

4. Where do you get on and get off public transport most often?

5. What time would you set out for a day trip?

Review 2: Units 3-4

Part A: Mixed gap fill

Complete the sentences with phrasal verbs from the box. Change the form where necessary.

get on • check in • go over • get ahead • touch down • knuckle down • drop out • take on • check out • hand in

1. We _____ in London ahead of schedule.
2. She has _____ several new responsibilities.
3. The guests must _____ by eleven o'clock.
4. Let us _____ your answers before the test.
5. We _____ two hours before our flight.
6. He _____ university during his second year.
7. You need to _____ if you want to pass the exam.
8. I _____ my essay before the deadline.
9. He works hard because he wants to _____ in his career.
10. We _____ the bus outside the station.

Part B: Sentence transformations

Complete the second sentence using the word given. Do not change the word given.

1. The company is investigating the problem.

LOOKING:

2. You should review your answers carefully.

GO:

3. The traffic delayed us for nearly an hour.

HELD:

4. Could you collect me from the airport?

PICK:

5. She left the course before completing it.

DROPPED:

Part C: Quick conversation

1. Ask and answer a question using “brush up on”.

2. Ask and answer a question using “get off”.

3. Ask and answer a question using “drop out”.

4. Ask and answer a question using “get on”.

5. Ask and answer a question using “hold up”.

Unit 5: Relationships

Study the reference table, then complete the exercises. Use the correct tense and word order where necessary.



LEARN | Reference

Phrasal verb	Meaning	Example sentence
get on with	have a good relationship with someone	I get on well with most of my colleagues.
fall out with	argue with someone and stop being friendly	She fell out with her sister over money.
make up	become friendly again after an argument	They argued yesterday, but they have already made up.
split up	end a romantic relationship	They split up after living together for three years.
ask out	invite someone on a romantic date	Daniel finally asked her out for dinner.
break up	end a romantic relationship	They broke up shortly before Christmas.
hit it off	like each other immediately	We hit it off as soon as we met.
grow apart	gradually become less close	The two childhood friends grew apart over the years.
move in with	begin sharing a home with someone	Sophie moved in with her partner last month.
settle down	begin living a calmer and more stable life	He wants to travel before he settles down.

Exercise 1: Match the phrasal verbs and meanings

Write the correct letter beside each phrasal verb.

Phrasal verbs	Definitions
1. get on with ____	A. like each other immediately
2. fall out with ____	B. end a romantic relationship
3. make up ____	C. invite someone on a romantic date
4. split up ____	D. argue with someone and stop being friendly
5. ask out ____	E. begin living a calmer and more stable life
6. break up ____	F. become friendly again after an argument
7. hit it off ____	G. gradually become less close
8. grow apart ____	H. begin sharing a home with someone
9. move in with ____	I. end a romantic relationship
10. settle down ____	J. have a good relationship with someone

Exercise 2: Complete the sentences

Use each phrasal verb from the box once. Change its form where necessary.

settle down • ask out • get on with • make up • break up • grow apart • move in with • split up • fall out with • hit it off

1. I _____ most of my colleagues.
2. She _____ her sister over money.
3. They argued yesterday, but they have already _____.
4. They _____ after living together for three years.
5. Daniel finally _____ for dinner.
6. They _____ shortly before Christmas.
7. We _____ as soon as we met.
8. The two childhood friends _____ over the years.
9. Sophie _____ her partner last month.
10. He wants to travel before he _____.

Exercise 3: Choose the best phrasal verb

Choose A, B or C.

1. Become friendly again after an argument:
A. get on with B. ask out C. make up
2. End a romantic relationship:
A. settle down B. split up C. ask out
3. Like each other immediately:
A. settle down B. ask out C. hit it off
4. Invite someone on a romantic date:
A. grow apart B. ask out C. break up
5. Begin sharing a home with someone:
A. hit it off B. grow apart C. move in with

Exercise 4: Make it personal

Discuss the questions with a partner or write two or three sentences for each one.

1. What qualities help people get on well with each other?

2. Why do old friends sometimes grow apart?

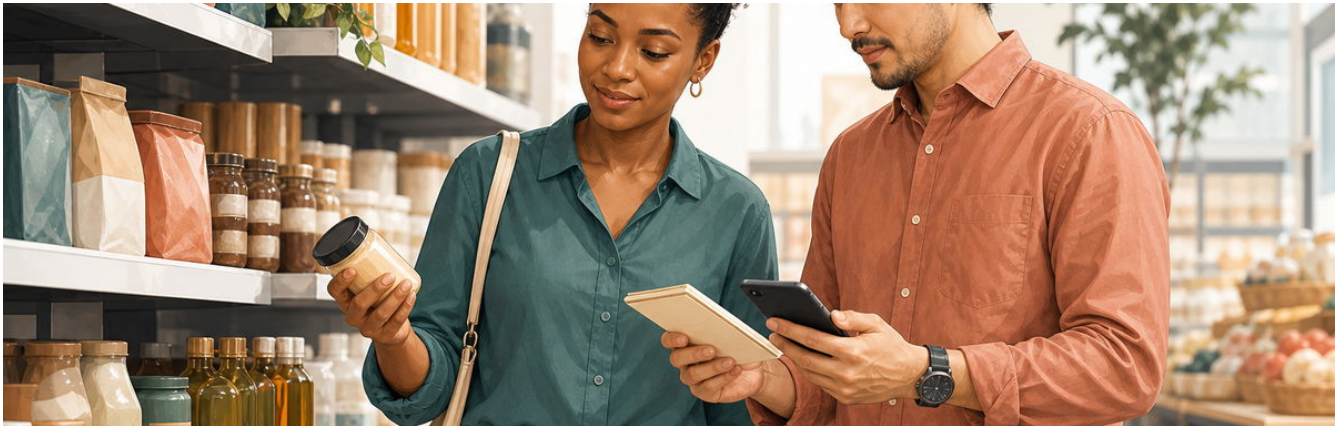
3. Is it easy for you to make up after an argument?

4. At what age do people usually settle down in your country?

5. Have you ever hit it off with someone immediately?

Unit 6: Money and Shopping

Study the reference table, then complete the exercises. Use the correct tense and word order where necessary.



LEARN | Reference

Phrasal verb	Meaning	Example sentence
pay back	return borrowed money	I will pay you back at the end of the week.
save up for	gradually collect money for something	She is saving up for a new laptop.
splash out on	spend a lot of money on something enjoyable	We splashed out on a weekend at a luxury hotel.
rip off	charge someone too much or treat them dishonestly	That garage ripped us off by charging for unnecessary repairs.
shop around	compare prices before buying something	It is worth shopping around before choosing a new phone.
fork out for	reluctantly pay a large amount of money	I had to fork out for a new washing machine.
sell out	have no more of a product available	The concert tickets sold out in ten minutes.
pick out	choose something from a group	She picked out a beautiful scarf for her mother.
try on	put on clothing to see whether it fits	Can I try on these trousers?
pop out	leave for a short time	I am just popping out to the shops.

Exercise 1: Match the phrasal verbs and meanings

Write the correct letter beside each phrasal verb.

Phrasal verbs	Definitions
1. pay back ____	A. charge someone too much or treat them dishonestly
2. save up for ____	B. have no more of a product available
3. splash out on ____	C. choose something from a group
4. rip off ____	D. put on clothing to see whether it fits
5. shop around ____	E. compare prices before buying something
6. fork out for ____	F. spend a lot of money on something enjoyable
7. sell out ____	G. return borrowed money
8. pick out ____	H. gradually collect money for something
9. try on ____	I. reluctantly pay a large amount of money
10. pop out ____	J. leave for a short time

Exercise 2: Complete the sentences

Use each phrasal verb from the box once. Change its form where necessary.

pop out • pay back • splash out on • try on • fork out for • rip off • shop around • save up for • pick out • sell out

1. I will _____ at the end of the week.
2. She is _____ a new laptop.
3. We _____ a weekend at a luxury hotel.
4. That garage _____ by charging for unnecessary repairs.
5. It is worth _____ before choosing a new phone.
6. I had to _____ a new washing machine.
7. The concert tickets _____ in ten minutes.
8. She _____ a beautiful scarf for her mother.
9. Can I _____ these trousers?
10. I am just _____ to the shops.

Exercise 3: Choose the best phrasal verb

Choose A, B or C.

1. Spend a lot of money on something enjoyable:
A. rip off B. splash out on C. pop out
2. Have no more of a product available:
A. sell out B. splash out on C. rip off
3. Compare prices before buying something:
A. shop around B. try on C. rip off
4. Choose something from a group:
A. pay back B. pick out C. shop around
5. Gradually collect money for something:
A. pop out B. save up for C. pay back

Exercise 4: Make it personal

Discuss the questions with a partner or write two or three sentences for each one.

1. What are you currently saving up for?

2. When is it worth shopping around?

3. What was the last thing you splashed out on?

4. Have you ever felt that a business ripped you off?

5. Do you usually try clothes on before buying them?

Review 3: Units 5-6

Part A: Mixed gap fill

Complete the sentences with phrasal verbs from the box. Change the form where necessary.

pop out • move in with • sell out • grow apart • split up • splash out on • settle down • hit it off • fork out for • rip off

1. I had to _____ a new washing machine.
2. They _____ after living together for three years.
3. That garage _____ by charging for unnecessary repairs.
4. We _____ a weekend at a luxury hotel.
5. He wants to travel before he _____.
6. Sophie _____ her partner last month.
7. The two childhood friends _____ over the years.
8. We _____ as soon as we met.
9. I am just _____ to the shops.
10. The concert tickets _____ in ten minutes.

Part B: Sentence transformations

Complete the second sentence using the word given. Do not change the word given.

1. They liked each other immediately.

HIT:

2. She is collecting money gradually for a new laptop.

SAVING:

3. The shop had no tickets left.

SOLD:

4. They became friendly again after the disagreement.

MADE:

5. Compare prices before you buy the appliance.

SHOP:

Part C: Quick conversation

1. Ask and answer a question using "sell out".

2. Ask and answer a question using "save up for".

3. Ask and answer a question using "break up".

4. Ask and answer a question using "try on".

5. Ask and answer a question using "pick out".

Unit 7: Home Life

Study the reference table, then complete the exercises. Use the correct tense and word order where necessary.



LEARN | Reference

Phrasal verb	Meaning	Example sentence
clean up	make a place clean and tidy	We had to clean up after the party.
clear out	remove unwanted things from a place	I spent the weekend clearing out the garage.
sort out	organise something or deal with a problem	We need to sort out the electricity bill.
throw away	put something in the rubbish because it is no longer wanted	She threw away several old magazines.
put away	return something to its proper place	Please put away your clothes.
fold up	fold something into a smaller shape	He folded up the blanket and placed it in the cupboard.
warm up	make food or a place warmer	I will warm up the soup for lunch.
cool down	become less hot	Leave the cake to cool down before serving it.
look after	take care of someone or something	Could you look after my cat while I am away?
drop round	visit someone informally	I will drop round later with the book.

Exercise 1: Match the phrasal verbs and meanings

Write the correct letter beside each phrasal verb.

Phrasal verbs	Definitions
1. clean up ____	A. return something to its proper place
2. clear out ____	B. fold something into a smaller shape
3. sort out ____	C. put something in the rubbish because it is no longer wanted
4. throw away ____	D. remove unwanted things from a place
5. put away ____	E. make food or a place warmer
6. fold up ____	F. organise something or deal with a problem
7. warm up ____	G. take care of someone or something
8. cool down ____	H. visit someone informally
9. look after ____	I. make a place clean and tidy
10. drop round ____	J. become less hot

Exercise 2: Complete the sentences

Use each phrasal verb from the box once. Change its form where necessary.

throw away • sort out • drop round • cool down • warm up • look after • fold up • put away • clear out • clean up

1. We had to _____ after the party.
2. I spent the weekend _____ the garage.
3. We need to _____ the electricity bill.
4. She _____ several old magazines.
5. Please _____ your clothes.
6. He _____ the blanket and placed it in the cupboard.
7. I will _____ the soup for lunch.
8. Leave the cake to _____ before serving it.
9. Could you _____ my cat while I am away?
10. I will _____ later with the book.

Exercise 3: Choose the best phrasal verb

Choose A, B or C.

1. Make food or a place warmer:
A. throw away B. cool down C. warm up
2. Take care of someone or something:
A. clean up B. drop round C. look after
3. Put something in the rubbish because it is no longer wanted:
A. warm up B. clear out C. throw away
4. Organise something or deal with a problem:
A. sort out B. cool down C. fold up
5. Return something to its proper place:
A. fold up B. clean up C. put away

Exercise 4: Make it personal

Discuss the questions with a partner or write two or three sentences for each one.

1. Which room in your home most needs clearing out?

2. What household problem do you need to sort out?

3. Who looks after your home when you travel?

4. What food do you often warm up the next day?

5. How often do friends or relatives drop round?

Unit 8: Emotions and Reactions

Study the reference table, then complete the exercises. Use the correct tense and word order where necessary.



LEARN | Reference

Phrasal verb	Meaning	Example sentence
calm down	become less upset or angry	Take a deep breath and calm down.
cheer up	become happier	She bought him some chocolates to cheer him up.
let down	disappoint someone	I trusted him, but he let me down.
get over	recover from an illness or upsetting experience	She is still getting over a bad cold.
hold back	stop yourself from showing an emotion	He tried to hold back his tears.
blow up	suddenly become extremely angry	My manager blew up when he saw the mistake.
turn against	stop supporting or liking someone	Some members of the team eventually turned against their leader.
put off	make someone lose interest or enthusiasm	The unpleasant smell put me off my meal.
open up	begin talking honestly about your feelings	He found it difficult to open up about his childhood.
bottle up	hide your feelings instead of expressing them	You should not bottle up your emotions.

Exercise 1: Match the phrasal verbs and meanings

Write the correct letter beside each phrasal verb.

Phrasal verbs	Definitions
1. calm down ____	A. stop yourself from showing an emotion
2. cheer up ____	B. become less upset or angry
3. let down ____	C. suddenly become extremely angry
4. get over ____	D. hide your feelings instead of expressing them
5. hold back ____	E. become happier
6. blow up ____	F. disappoint someone
7. turn against ____	G. begin talking honestly about your feelings
8. put off ____	H. make someone lose interest or enthusiasm
9. open up ____	I. stop supporting or liking someone
10. bottle up ____	J. recover from an illness or upsetting experience

Exercise 2: Complete the sentences

Use each phrasal verb from the box once. Change its form where necessary.

turn against • bottle up • hold back • cheer up • put off • blow up • calm down • let down • get over • open up

1. Take a deep breath and _____.
2. She bought him some chocolates to _____.
3. I trusted him, but he _____.
4. She is still _____ a bad cold.
5. He tried to _____ his tears.
6. My manager _____ when he saw the mistake.
7. Some members of the team eventually _____ their leader.
8. The unpleasant smell _____ my meal.
9. He found it difficult to _____ about his childhood.
10. You should not _____ your emotions.

Exercise 3: Choose the best phrasal verb

Choose A, B or C.

1. Begin talking honestly about your feelings:
A. open up B. hold back C. turn against
2. Stop yourself from showing an emotion:
A. turn against B. hold back C. get over
3. Hide your feelings instead of expressing them:
A. bottle up B. put off C. hold back
4. Make someone lose interest or enthusiasm:
A. blow up B. let down C. put off
5. Recover from an illness or upsetting experience:
A. get over B. hold back C. bottle up

Exercise 4: Make it personal

Discuss the questions with a partner or write two or three sentences for each one.

1. What usually helps you calm down?

2. How do you cheer up a friend?

3. Do you open up easily or bottle up your feelings?

4. What behaviour can put you off a person?

5. How long does it take you to get over a disappointment?

Review 4: Units 7-8

Part A: Mixed gap fill

Complete the sentences with phrasal verbs from the box. Change the form where necessary.

calm down • look after • cool down • fold up • clear out • get over • let down • cheer up • sort out • bottle up

1. Leave the cake to _____ before serving it.
2. Take a deep breath and _____.
3. I spent the weekend _____ the garage.
4. He _____ the blanket and placed it in the cupboard.
5. Could you _____ my cat while I am away?
6. I trusted him, but he _____.
7. She bought him some chocolates to _____.
8. She is still _____ a bad cold.
9. You should not _____ your emotions.
10. We need to _____ the electricity bill.

Part B: Sentence transformations

Complete the second sentence using the word given. Do not change the word given.

1. Please return your books to their proper place.

PUT:

2. He became extremely angry when he heard the news.

BLEW:

3. Do not hide all your feelings.

BOTTLE:

4. Could you take care of the dog this afternoon?

LOOK:

5. She is recovering from a difficult week.

GETTING:

Part C: Quick conversation

1. Ask and answer a question using "fold up".

2. Ask and answer a question using "put away".

3. Ask and answer a question using "cheer up".

4. Ask and answer a question using "warm up".

5. Ask and answer a question using "let down".

Unit 9: Problems and Solutions

Study the reference table, then complete the exercises. Use the correct tense and word order where necessary.



LEARN | Reference

Phrasal verb	Meaning	Example sentence
work out	find a solution to a problem	Do not worry. We will work it out together.
figure out	understand or solve something	I cannot figure out how this machine works.
back up	support someone or confirm what they say	Do not worry. I will back you up in the meeting.
carry on	continue doing something	Please carry on with your work.
give up	stop trying	Do not give up after one unsuccessful attempt.
run out of	use all of something so that none remains	We have run out of milk.
come up with	think of an idea or solution	She came up with an excellent suggestion.
deal with	take action to solve or manage something	I will deal with the complaint tomorrow.
hold on	wait for a short time	Hold on a moment while I find your file.
catch up on	do something that you did not have time to do earlier	I need to catch up on some paperwork.

Exercise 1: Match the phrasal verbs and meanings

Write the correct letter beside each phrasal verb.

Phrasal verbs	Definitions
1. work out ____	A. take action to solve or manage something
2. figure out ____	B. stop trying
3. back up ____	C. find a solution to a problem
4. carry on ____	D. wait for a short time
5. give up ____	E. continue doing something
6. run out of ____	F. do something that you did not have time to do earlier
7. come up with ____	G. use all of something so that none remains
8. deal with ____	H. think of an idea or solution
9. hold on ____	I. understand or solve something
10. catch up on ____	J. support someone or confirm what they say

Exercise 2: Complete the sentences

Use each phrasal verb from the box once. Change its form where necessary.

come up with • figure out • deal with • back up • run out of • catch up on • work out • carry on • hold on • give up

1. Do not worry. We will _____ together.
2. I cannot _____ how this machine works.
3. Do not worry. I will _____ in the meeting.
4. Please _____ with your work.
5. Do not _____ after one unsuccessful attempt.
6. We have _____ milk.
7. She _____ an excellent suggestion.
8. I will _____ the complaint tomorrow.
9. _____ a moment while I find your file.
10. I need to _____ some paperwork.

Exercise 3: Choose the best phrasal verb

Choose A, B or C.

1. Support someone or confirm what they say:
A. back up B. run out of C. catch up on
2. Do something that you did not have time to do earlier:
A. give up B. come up with C. catch up on
3. Think of an idea or solution:
A. back up B. come up with C. run out of
4. Wait for a short time:
A. hold on B. catch up on C. figure out
5. Take action to solve or manage something:
A. deal with B. hold on C. carry on

Exercise 4: Make it personal

Discuss the questions with a partner or write two or three sentences for each one.

1. How do you usually work out difficult problems?

2. Who backs you up when you need support?

3. What task do you need to catch up on?

4. What do people often run out of at home?

5. When should someone carry on rather than give up?

Unit 10: Social and Everyday Use

Study the reference table, then complete the exercises. Use the correct tense and word order where necessary.



LEARN | Reference

Phrasal verb	Meaning	Example sentence
join in	participate in an activity	Why do you not join in the game?
show up	arrive at a place	He showed up half an hour late.
turn up	arrive or appear	Only twelve people turned up for the meeting.
look out	be careful because there is danger	Look out! There is a car coming.
come in	enter a room or building	Please come in and take a seat.
go off	suddenly make a noise, explode or begin operating	My alarm went off at six o'clock.
give in	stop resisting or finally agree	She eventually gave in and apologised.
stand up for	defend someone or something	You should stand up for what you believe in.
look forward to	feel pleased and excited about something in the future	I am looking forward to the weekend.
go down well	receive a positive reaction	His speech went down well with the audience.

Exercise 1: Match the phrasal verbs and meanings

Write the correct letter beside each phrasal verb.

Phrasal verbs	Definitions
1. join in ____	A. arrive or appear
2. show up ____	B. arrive at a place
3. turn up ____	C. stop resisting or finally agree
4. look out ____	D. suddenly make a noise, explode or begin operating
5. come in ____	E. participate in an activity
6. go off ____	F. receive a positive reaction
7. give in ____	G. feel pleased and excited about something in the future
8. stand up for ____	H. defend someone or something
9. look forward to ____	I. be careful because there is danger
10. go down well ____	J. enter a room or building

Exercise 2: Complete the sentences

Use each phrasal verb from the box once. Change its form where necessary.

go off • look out • give in • show up • go down well • stand up for • come in • turn up • join in • look forward to

1. Why do you not _____ the game?
2. He _____ half an hour late.
3. Only twelve people _____ for the meeting.
4. _____! There is a car coming.
5. Please _____ and take a seat.
6. My alarm _____ at six o'clock.
7. She eventually _____ and apologised.
8. You should _____ what you believe in.
9. I am _____ the weekend.
10. His speech _____ with the audience.

Exercise 3: Choose the best phrasal verb

Choose A, B or C.

1. Arrive at a place:
A. show up B. go down well C. come in
2. Enter a room or building:
A. join in B. turn up C. come in
3. Participate in an activity:
A. show up B. stand up for C. join in
4. Receive a positive reaction:
A. join in B. show up C. go down well
5. Stop resisting or finally agree:
A. give in B. go off C. join in

Exercise 4: Make it personal

Discuss the questions with a partner or write two or three sentences for each one.

1. What are you looking forward to this month?

2. Do you usually join in group activities?

3. How do you feel when someone turns up late?

4. What beliefs or people would you stand up for?

5. What sort of jokes do not go down well with you?

Review 5: Units 9-10

Part A: Mixed gap fill

Complete the sentences with phrasal verbs from the box. Change the form where necessary.

run out of • go down well • work out • figure out • give in • go off • join in • back up • turn up • catch up on

1. Do not worry. I will _____ in the meeting.
2. Only twelve people _____ for the meeting.
3. Do not worry. We will _____ together.
4. She eventually _____ and apologised.
5. His speech _____ with the audience.
6. Why do you not _____ the game?
7. I need to _____ some paperwork.
8. I cannot _____ how this machine works.
9. We have _____ milk.
10. My alarm _____ at six o'clock.

Part B: Sentence transformations

Complete the second sentence using the word given. Do not change the word given.

1. We have used all the coffee.

RUN:

2. She thought of a practical solution.

CAME:

3. Do not stop trying now.

GIVE:

4. Only eight guests arrived.

TURNED:

5. His suggestion received a positive reaction.

WENT:

Part C: Quick conversation

1. Ask and answer a question using “come in”.

2. Ask and answer a question using “look forward to”.

3. Ask and answer a question using “show up”.

4. Ask and answer a question using “work out”.

5. Ask and answer a question using “come up with”.

Final Test: All 100 Phrasal Verbs

Score: _____ / 50

Part A: Complete the sentences (20 marks)

get on with • ring up • go down well • brush up on • get ahead • catch up on • look after • speak up • set off • sort out • pay back • get over • check in • check out • chat up • clear out • come up with • back up • let down • catch up with

1. She _____ an excellent suggestion.
2. Could you _____, please? I cannot hear you.
3. I trusted him, but he _____.
4. She is still _____ a bad cold.
5. Could you _____ my cat while I am away?
6. We need to _____ the electricity bill.
7. I spent the weekend _____ the garage.
8. I will _____ when I arrive.
9. Do not worry. I will _____ in the meeting.
10. I _____ most of my colleagues.
11. He was trying to _____ her _____ at the party.
12. He works hard because he wants to _____ in his career.
13. I met Emma for coffee to _____ her.
14. The guests must _____ by eleven o'clock.
15. We _____ early to avoid the morning traffic.
16. I need to _____ some paperwork.
17. His speech _____ with the audience.
18. We _____ two hours before our flight.
19. I will _____ at the end of the week.
20. I need to _____ my French before the holiday.

Part B: Multiple choice (15 marks)

1. Suddenly become extremely angry:
A. calm down B. blow up C. bottle up
2. Stop sleeping:
A. hang up B. wake up C. get on
3. Leave home for entertainment or social activity:
A. put on B. cool down C. go out
4. Argue with someone and stop being friendly:
A. pop in B. fall out with C. get off
5. Make a short informal visit:
A. pop in B. chat up C. clean up
6. Collect someone and take them somewhere:
A. pick up B. look after C. speak up
7. Return something to its proper place:
A. join in B. put away C. come back
8. End a romantic relationship:
A. break up B. look after C. drop off
9. Find a solution to a problem:
A. pop out B. work out C. bottle up
10. Have no more of a product available:
A. chat up B. pop out C. sell out
11. Stop a device or supply of electricity:
A. turn off B. pipe down C. check out
12. Leave a course before completing it:
A. fall out with B. drop out C. pop in
13. Stop yourself from showing an emotion:
A. pick out B. fill in C. hold back
14. Visit someone informally and usually briefly:
A. drop off B. fold up C. drop by
15. Become less hot:
A. cool down B. go down well C. drop off

Part C: Sentence transformations (10 marks)

1. I cannot understand how this printer works.

FIGURE:

2. We have no sugar left.

RUN:

3. She gradually collected money for a holiday.

SAVED:

4. The plane landed at 6.45.

TOUCHED:

5. Please continue with the exercise.

CARRY:

6. The manager is investigating my complaint.

LOOKING:

7. They became less close over time.

GREW:

8. His comments were received positively.

WENT:

9. Could you take care of my plants?

LOOK:

10. She disappointed the entire team.

LET:

Part D: Correct the mistake (5 marks)

1. Please turn off it before you leave.

Correction:

2. I am looking forward to see you.

Correction:

3. She picked up me from the station.

Correction:

4. We ran out milk this morning.

Correction:

5. He dropped university after one term.

Correction:

Answer Key

Suggested answers are provided for all closed exercises. Answers to personal speaking and writing tasks will vary.

Unit 1: General Daily Use

Exercise 1: 1-B, 2-F, 3-J, 4-E, 5-A, 6-C, 7-G, 8-I, 9-H, 10-D

Exercise 2: 1. gets up 2. wake up 3. put on 4. take off 5. turn on 6. turn off 7. set off 8. came back 9. going out 10. stay in

Exercise 3: 1. C (stay in), 2. B (turn off), 3. C (go out), 4. C (get up), 5. C (take off)

Unit 2: Communication

Exercise 1: 1-F, 2-D, 3-C, 4-I, 5-E, 6-H, 7-A, 8-B, 9-G, 10-J

Exercise 2: 1. speak up 2. pipe down 3. chat / up 4. Go on 5. hung up 6. got through to 7. ring you up 8. dropped by 9. popped in 10. catch up with

Exercise 3: 1. B (ring up), 2. C (drop by), 3. B (pop in), 4. C (get through to), 5. A (pipe down)

Unit 3: Work and Study

Exercise 1: 1-A, 2-D, 3-J, 4-C, 5-G, 6-I, 7-E, 8-B, 9-F, 10-H

Exercise 2: 1. looking into 2. fill in 3. handed in 4. taken on 5. get ahead 6. knuckle down 7. caught on 8. dropped out of 9. go over 10. brush up on

Exercise 3: 1. A (go over), 2. A (brush up on), 3. C (catch on), 4. C (take on), 5. B (fill in)

Unit 4: Travel

Exercise 1: 1-E, 2-H, 3-B, 4-I, 5-G, 6-F, 7-A, 8-J, 9-D, 10-C

Exercise 2: 1. got on 2. get off 3. checked in 4. check out 5. lifted off 6. touched down 7. held up 8. set out 9. pick me up 10. drop you off

Exercise 3: 1. A (get on), 2. A (check out), 3. A (pick up), 4. C (drop off), 5. B (lift off)

Unit 5: Relationships

Exercise 1: 1-J, 2-D, 3-F, 4-I, 5-C, 6-B, 7-A, 8-G, 9-H, 10-E

Exercise 2: 1. get on well with 2. fell out with 3. made up 4. split up 5. asked her out 6. broke up 7. hit it off 8. grew apart 9. moved in with 10. settles down

Exercise 3: 1. C (make up), 2. B (split up), 3. C (hit it off), 4. B (ask out), 5. C (move in with)

Unit 6: Money and Shopping

Exercise 1: 1-G, 2-H, 3-F, 4-A, 5-E, 6-I, 7-B, 8-C, 9-D, 10-J

Exercise 2: 1. pay you back 2. saving up for 3. splashed out on 4. ripped us off 5. shopping around 6. fork out for 7. sold out 8. picked out 9. try on 10. popping out

Exercise 3: 1. B (splash out on), 2. A (sell out), 3. A (shop around), 4. B (pick out), 5. B (save up for)

Unit 7: Home Life

Exercise 1: 1-I, 2-D, 3-F, 4-C, 5-A, 6-B, 7-E, 8-J, 9-G, 10-H

Exercise 2: 1. clean up 2. clearing out 3. sort out 4. threw away 5. put away 6. folded up 7. warm up 8. cool down 9. look after 10. drop round

Exercise 3: 1. C (warm up), 2. C (look after), 3. C (throw away), 4. A (sort out), 5. C (put away)

Unit 8: Emotions and Reactions

Exercise 1: 1-B, 2-E, 3-F, 4-J, 5-A, 6-C, 7-I, 8-H, 9-G, 10-D

Exercise 2: 1. calm down 2. cheer him up 3. let me down 4. getting over 5. hold back 6. blew up 7. turned against 8. put me off 9. open up 10. bottle up

Exercise 3: 1. A (open up), 2. B (hold back), 3. A (bottle up), 4. C (put off), 5. A (get over)

Unit 9: Problems and Solutions

Exercise 1: 1-C, 2-I, 3-J, 4-E, 5-B, 6-G, 7-H, 8-A, 9-D, 10-F

Exercise 2: 1. work it out 2. figure out 3. back you up 4. carry on 5. give up 6. run out of 7. came up with 8. deal with 9. Hold on 10. catch up on

Exercise 3: 1. A (back up), 2. C (catch up on), 3. B (come up with), 4. A (hold on), 5. A (deal with)

Unit 10: Social and Everyday Use

Exercise 1: 1-E, 2-B, 3-A, 4-I, 5-J, 6-D, 7-C, 8-H, 9-G, 10-F

Exercise 2: 1. join in 2. showed up 3. turned up 4. Look out 5. come in 6. went off 7. gave in 8. stand up for 9. looking forward to 10. went down well

Exercise 3: 1. A (show up), 2. C (come in), 3. C (join in), 4. C (go down well), 5. A (give in)

Review 1: Units 1–2

Part A: 1. stay in 2. dropped by 3. going out 4. put on 5. got through to 6. chat / up 7. hung up 8. came back 9. set off 10. pipe down

Part B: 1. We decided to stay in and watch a film. 2. Please speak up because I cannot hear you. 3. I got through to the surgery after several attempts. 4. She dropped by on her way to work. 5. We caught up over lunch.

Review 2: Units 3–4

Part A: 1. touched down 2. taken on 3. check out 4. go over 5. checked in 6. dropped out of 7. knuckle down 8. handed in 9. get ahead 10. got on

Part B: 1. The company is looking into the problem. 2. You should go over your answers carefully. 3. We were held up by traffic for nearly an hour. 4. Could you pick me up from the airport? 5. She dropped out of the course before completing it.

Review 3: Units 5–6

Part A: 1. fork out for 2. split up 3. ripped us off 4. splashed out on 5. settles down 6. moved in with 7. grew apart 8. hit it off 9. popping out 10. sold out

Part B: 1. They hit it off immediately. 2. She is saving up for a new laptop. 3. The tickets had sold out. 4. They made up after the disagreement. 5. Shop around before you buy the appliance.

Review 4: Units 7–8

Part A: 1. cool down 2. calm down 3. clearing out 4. folded up 5. look after 6. let me down 7. cheer him up 8. getting over 9. bottle up 10. sort out

Part B: 1. Please put your books away. 2. He blew up when he heard the news. 3. Do not bottle up all your feelings. 4. Could you look after the dog this afternoon? 5. She is getting over a difficult week.

Review 5: Units 9–10

Part A: 1. back you up 2. turned up 3. work it out 4. gave in 5. went down well 6. join in 7. catch up on 8. figure out 9. run out of 10. went off

Part B: 1. We have run out of coffee. 2. She came up with a practical solution. 3. Do not give up now. 4. Only eight guests turned up. 5. His suggestion went down well.

Final Test

Part A: 1. came up with 2. speak up 3. let me down 4. getting over 5. look after 6. sort out 7. clearing out 8. ring you up 9. back you up 10. get on well with 11. chat / up 12. get ahead 13. catch up with 14. check out 15. set off 16. catch up on 17. went down well 18. checked in 19. pay you back 20. brush up on

Part B: 1. B (blow up) 2. B (wake up) 3. C (go out) 4. B (fall out with) 5. A (pop in) 6. A (pick up) 7. B (put away) 8. A (break up) 9. B (work out) 10. C (sell out) 11. A (turn off) 12. B (drop out) 13. C (hold back) 14. C (drop by) 15. A (cool down)

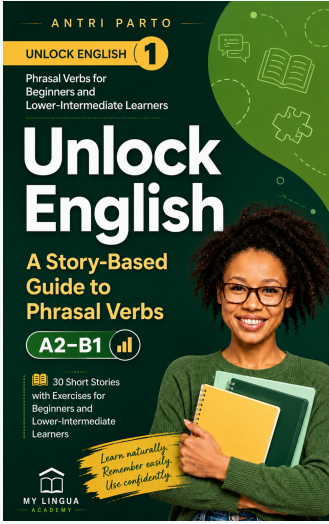
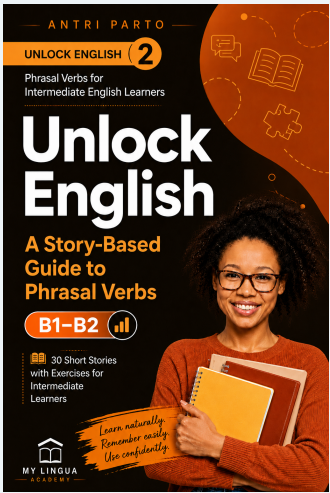
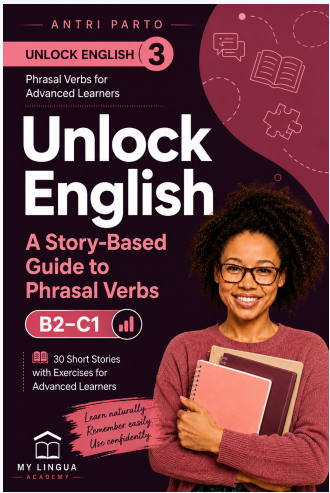
Part C: 1. I cannot figure out how this printer works. 2. We have run out of sugar. 3. She saved up for a holiday. 4. The plane touched down at 6.45. 5. Please carry on with the exercise. 6. The manager is looking into my complaint. 7. They grew apart over time. 8. His comments went down well. 9. Could you look after my plants? 10. She let the entire team down.

Part D: 1. Please turn it off before you leave. 2. I am looking forward to seeing you. 3. She picked me up from the station. 4. We ran out of milk this morning. 5. He dropped out of university after one term.

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