

Premier Skills English

How to eat like a Premier League footballer Vocabulary - 2

PHRASAL VERBS

In the podcast, Rich and Jack used a few tricky phrasal verbs to talk about diet and nutrition. You can see two examples here:

You might have **put on** a few kilos but I wouldn't say that you are fat.

I've **taken up** running and joined a gym.

WHAT IS A PHRASAL VERB?

A phrasal verb is a verb that contains two or more words. They often consist of a verb and a preposition like in the example above. They are difficult to learn because the meaning of the phrasal verb is often very different from the verb that is contained within it.

Match the phrasal verbs on the left with the descriptions on the right.

PHRASAL VERB	DESCRIPTIONS
1. put on	a. to reduce the amount of something
2. take up	b. to start doing something especially a new hobby or sport
3. cut down	c. to become heavier
4. fill up	d. to stop doing something completely
5. cut out	e. to collect someone that is waiting for you
6. pick up	f. to make something full

SPEAK

Test your partner. Cover the phrasal verbs and read the descriptions. Can your partner say which phrasal verb are you describing?

Complete the gaps and ask your partner the following questions:

1. Can you think of something that is healthy and fills you _____?
2. Is there anything in your diet that you need to cut _____ on?
3. What should you eat if you don't want to put _____ weight?