

A

Talking about how you are

Mrs Smith How are you these days? Have you managed to **throw off**¹ that cold you had when we last met?

Mr Jones Well, yes, it **cleared up** after a couple of days, but I'd no sooner **got over** that than I **picked up** another one. It's horrible. I keep **breaking out in**² a sweat and my nose is completely **bunged-up**³.

Mrs Smith Well, I hope you don't **pass it on** to me. I'm feeling bad enough as it is. My arthritis has **flared up**⁴ again. And you know I fell and cut my hand a week ago? It's only just started to **heal up**⁵ and the swelling hasn't **gone down**⁶ yet.

Mr Jones I think we should both go to the doctor's again, don't you?



¹ (informal) get rid of a slight illness

² (of sweat, spots, rash) suddenly appears on the skin

³ (informal) blocked

⁴ (of illness) returned

⁵ become covered by new skin

⁶ returned to its normal size

B

Feeling tired

There are a lot of phrasal verbs in English relating to the idea of sleep and feeling tired. For example, **drop off** and **nod off** are both informal and both mean fall asleep, but **nod off** is used particularly about situations when you did not intend to fall asleep.

Here are some more phrasal verbs relating to being very tired.

phrasal verb	phrasal adjective/noun	definition of phrasal verb	example
wear out sb or wear sb out tire out sb or tire sb out do in sb or do sb in (informal) wipe out sb or wipe sb out (informal)	worn out tired out done in (informal) wiped out (informal)	make someone very tired	Going round the shops all day has worn/tired/wiped me out / done me in . What a day I've had! I am worn out / tired out / done in / wiped out!
burn out	burnt-out (noun = burnout)	become so ill or tired that you can't work creatively, because of overwork	Don't work too hard – or you'll burn out before you're 30!
	washed out	tired, pale and ill	What's the matter with Kay? She looks washed out .

C

At the doctor's

Don't worry. There's a lot of it **going around**¹. I'll put you on some tablets to help you sleep. They should **knock you out**². Keep taking them for at least a fortnight – you shouldn't **come off** them until I say so. This particular bug **takes a lot out of**³ you, so when you begin to feel better, make sure you eat lots of fruit and vegetables to **build yourself up**⁴.



¹ a lot of people are complaining of this

² make you sleep heavily

³ makes you feel very weak

⁴ make yourself stronger

Exercises

43.1 Rewrite the underlined parts of these sentences using a phrasal verb or phrasal expression from the opposite page. Make any other necessary changes.

- 1 **Doctor** So, how can I help you today?
Patient I think I've caught a chest infection. I'm coughing and wheezing a lot.
- 2 **Doctor** When did you first notice the problem?
Patient Well, a rash suddenly appeared on my neck about a week ago.
- 3 **Doctor** And what's troubling you, Mrs James?
Patient Well, I had an ear infection about a month ago. It seemed to disappear when I took the antibiotics you gave me but now it's returned again.
- 4 **Doctor** Mr Kelly, hello, how are things?
Patient Well, OK, but my nose is blocked all the time. Can you give me something for it?
- 5 **Doctor** Miss Peters, what can I do for you?
Patient Well, I sprained my ankle a week ago, but the swelling hasn't diminished and it's still painful.
- 6 **Doctor** Right, Mr Troy, what's troubling you?
Patient Well, I just feel absolutely exhausted all the time. I have no energy at all.

43.2 Read the remarks about different people and then answer the questions below.

- | | |
|---|--|
| Bethany I just can't seem to throw off this cold. | Natasha This bronchitis is taking a lot out of me. |
| Teddy I hope Bethany doesn't pass on her cold to me. | Elliot I know I look really washed out. |
| Grace I'm getting over the flu now. | Harry I feel totally burnt out. |
| William My scar is healing over nicely now. | Daniel I keep nodding off and missing parts of the TV show. |

- 1 Who is feeling weak because of an illness?
- 2 Who is ill but getting better?
- 3 Who is feeling sleepy?
- 4 Who is finding it difficult to get better?
- 5 Who is completely exhausted from overwork?
- 6 Who is pale, ill and tired?
- 7 Whose skin is looking better?
- 8 Who is keen not to catch someone else's illness?

43.3 Match the beginning of each sentence with its ending.

- | | |
|--------------------------------------|--------------------------------|
| 1 The doctor put me | a) out and I slept deeply. |
| 2 I've come | b) out from all that work. |
| 3 The tablet knocked me | c) off the antibiotics. |
| 4 I found it difficult to | d) myself up a bit. |
| 5 There's a lot of flu going | e) on a course of antibiotics. |
| 6 I'm quite weak, so I need to build | f) drop off last night. |
| 7 I feel worn | g) around right now. |

Over to you

Find a magazine article on a health issue and make a note of any phrasal verbs that are used in it.

A

Phrasal verbs referring to actions or positions of the body

It was very cold and we **huddled up** together to keep warm.



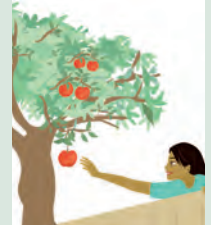
Dylan **stuck out** his head **out** of the window to see what was happening in the street below.



During the dance we had to **spread our arms out** and go round in a circle.



She **stretched out** her hand to try to reach the fruit.



The cat **curled up** on the sofa and went to sleep.



Molly **bent down** to pick up the puppy.



B

More phrasal verbs connected with the body

phrasal verb	definition of phrasal verb	example
loosen up / warm up	prepare your muscles for a physical activity by stretching and doing simple exercises	We always do exercises to loosen up / warm up before playing tennis.
swing around/ round	suddenly turn around so that you can see someone or something behind you	I swung round when I heard my name and saw Jude running towards me.
tense up	if you tense up, your muscles stiffen because you are not relaxed	'Relax! Don't tense up and you'll float!' said the swimming instructor.
thaw out	(slightly informal, metaphorical) become warmer after getting very cold	'Oooh! It was freezing outside! Turn the heater on! I need to thaw out .'
waste away	gradually get thinner and weaker, usually because of illness	Poor old Mrs Jones is just wasting away . She's been so ill, poor woman.
pick yourself up	stand up again after you have fallen	(Parent to child who has just fallen) 'Come on, pick yourself up! Don't cry! You're OK.'
double up / double over	suddenly bend your body forwards because you are laughing a lot or in a lot of pain	When she told me, it was so funny I just doubled up laughing.
turn around/ round (sb/sth) or turn (sb/sth) around/round	turn so that you are facing the opposite direction, or make someone or something do this	(to somebody who is trying on a skirt) ' Turn around , let me see it from behind.' He turned the car around and drove back home.

Exercises

44.1 Look at A. Match the beginning of each sentence with its ending.

- | | |
|--|---|
| 1 If you all huddle up together | a) the horse will take the carrot from your hand. |
| 2 If you stretch out your arm | b) you'll be able to see our car. |
| 3 Spread out your arms | c) and go to sleep if you like. |
| 4 Now bend down | d) you'll feel a bit warmer. |
| 5 If you stick your head out of the window | e) and move them in circles. |
| 6 You can curl up in the armchair | f) and touch your toes. |

44.2 Answer these questions using one of the phrasal verbs from B.

- 1 What do you normally need to do before starting on an exercise routine?
- 2 If you have been outside for a long time on a very cold day, what may it take you some time to do when you go indoors again?
- 3 What do you have to do if you fall over?
- 4 What do you do if you hear a sudden noise behind you?
- 5 What happens to your muscles if you are feeling very anxious?
- 6 What happens if someone doesn't eat enough over a long period of time?
- 7 If you suddenly have an excruciating pain, what may you do?

44.3 Correct the five particle mistakes in this paragraph.

I'm rather worried about my neighbour. I saw her the other day in the garden and she was doubled out in pain. She also looks as if she is wasting off. I asked her about it and she said she was just trying to lose some weight, but she clearly didn't like my talking about it and I could sense her tensing in. I think she's probably been doing far too much exercise. She spends hours outside bending away to touch the ground or spreading off her arms and swinging them in circles. I can see that she's in pain and I long to tell her to relax a bit.

44.4 Rewrite each sentence using the verb in brackets in an appropriate form.

- 1 You must be freezing – do come inside and get warm. (THAW)
- 2 Look at me – now face in the opposite direction. (TURN)
- 3 Their daughter was lying in a little ball on her bed with her thumb in her mouth. (CURL)
- 4 He put his arm out of the window and waved at us. (STICK)
- 5 If you don't eat more, you'll get far too skinny. (WASTE)
- 6 The stand-up comic was so good that we spent the evening in fits of laughter. (DOUBLE)

44.5 Explain the play on words in these sentences.

- 1 The twins doubled up laughing.
- 2 The rubbish collectors were wasting away.
- 3 The grammar teacher tensed up when Maria said 'writed' instead of 'wrote'.
- 4 The taxi driver picked himself up after he tripped over the suitcase.

A

In these dialogues, the second speaker uses a phrasal verb in their response.

Parent Go and study! You haven't done any revision yet this week! Did you hear me?

Child OK, OK! Don't **go on at**¹ me! I'll do some work after supper.

¹ criticise someone continuously

Jackson Can you explain to me what we have to do at the meeting?

Paul OK, I'll just **run through**² the main points.

² explain or read something to someone quickly

Austin You can have two hours for your presentation.

Maya Two hours is far too long! I'd bore everyone stupid. I wouldn't want to listen to anyone **holding forth**³ for that long.

³ talking about a particular subject for a long time, often in a way that other people find boring

Archie How do you think we should present our case to the committee?

Eloise I think we should emphasise the good things and perhaps just **gloss over**⁴ the difficult bits.

⁴ avoid discussing something, or discuss something without talking about the details in order to make it seem unimportant

Albert How can we distract Richard while I bring in his present?

Lauren Well, I'll **engage him in conversation**⁵ and you can leave the room discreetly.

⁵ try to start a conversation with him

B

Look at these sentences with more phrasal verbs connected with speaking.

Mr Holroyd **reeled off** a list of names. [(informal) said a long list of things quickly and without stopping]

The detectives tried to **wring** the truth **out of** the suspect. [force or persuade someone to give you money or information]

The reporters **bombarded** the minister **with** questions. [directed a lot of something at one person]

Somebody raised their hand to **put** a question **to** the speaker.

I didn't really have a conversation with her. She just **talked at** me for an hour. [talked to someone without listening to them or allowing them to speak]

Without thinking, he **blurted out** the name of the hotel where the star was staying. [said something suddenly and without thinking, especially because you are excited or nervous]

I'll introduce the plan in general and then you can **expand on** it.

In the middle of my welcome speech I just **dried up**. [stopped speaking, especially because you suddenly forget what to say next]

The teacher kept asking him questions but he was nervous and he just **clammed up**. [(informal) became silent or refused to speak, usually because of shyness or fear]

I'd like to get a flat of my own but I'll have to **sound** my parents **out** first. [talk to someone to discover what they think about an idea or plan]

We were talking about the Olympics and that **led into** a discussion about drugs.

Are you going to tell the truth or do I have to **drag it out of** you? [make someone tell you something that they do not want to tell you]

Exercises

45.1 Rewrite the underlined part of each sentence, using one of the phrasal verbs in A.

- 1 It's so boring listening to Uncle Ed lecturing us about the problem with the youth of today.
- 2 I'll try to get into a conversation with your father so he won't notice you leaving.
- 3 I wish my parents would stop criticising me all the time.
- 4 OK, before everyone starts working, I'd like to quickly remind you of the instructions.
- 5 The personnel manager said very little about salary progression during our interview.

45.2 Read the sentences and then answer the questions.

- 1 After Josie got back from the party, her flatmates bombarded her with questions.
Did Josie's flatmates ask her a lot of questions or a few questions?
- 2 Towards the end of the play, one of the main actors suddenly dried up.
Would the actor have been pleased with his performance or not?
- 3 Nathan reeled off the names of all 50 states of the USA.
Did Nathan have to pause and think of the name of each state?
- 4 Jensen clammed up as soon as Bobby came in the room.
Did Jensen speak more or less after Bobby arrived?
- 5 The detective eventually managed to wring his attacker's name out of the boy.
How easy was it for the detective to get the boy to tell her the truth?
- 6 Matt decided to sound out the editor before he started to write the article.
What do you think Matt talked to the editor about?
- 7 Blake has a dreadful habit of talking at people.
Why is this habit of Blake's dreadful?
- 8 Daniela glossed over the accident when she was telling her parents about her trip.
What did Daniela tell her parents about the accident?

45.3 Complete these sentences using a phrasal verb from the opposite page.

- 1 Now, who'd like to the first question to our guest speaker?
- 2 In this essay I shall first outline three key issues. I shall then expand each of these in turn.
- 3 Our discussion of modern education soon into an argument about whether schools are better now than they used to be.
- 4 I'd love to join your expedition to the North Pole, but I should my boss out first.
- 5 My son doesn't tell us much about school. We have to drag things of him.
- 6 The children were so interested in the topic that they their teacher with questions.
- 7 Sadie just up whenever I tried to get her to talk about her work.
- 8 During the press conference, she was nervous and unintentionally out the name of the secret agent.

45.4 Here are some more phrasal verbs connected with ways of speaking. Can you work out what they mean and rewrite the sentences, replacing the underlined verbs with your own words?

- 1 Finn was so rude – he cut in on the conversation I was having with Faye about her new job and started to ask her questions about her daughter.
- 2 I don't know how you'll manage to explain away the scratch on your mother's car.
- 3 I wish he'd stop wittering on about the weather – it's so boring.

Over to you

Look up the verbs from exercise 45.4 in a good dictionary. Write down some more examples of how they are used.

A

Coming and going

The boy **stole away** while his parents were sleeping. [left quietly without anyone knowing]

I'm sorry! I only **crept up on** you for a joke. I didn't mean to frighten you. [approached someone so quietly they did not know you were there till the last moment]

My landlord told us that if we didn't **clear out** of the flat by the end of the week, he'd contact his lawyer. [(informal) leave]

I'm terribly sorry for **walking in on** your private meeting! [going into a room and seeing what someone is doing when they do not want to be seen]



B

Moving with other people

phrasal verb	definition of phrasal verb	example
drop back	move to a position nearer the back	Joseph started out in the lead in the race but soon dropped back to fifth place.
hang back	not move forwards with other people, usually because you are shy or afraid	The others rushed forward to see the tiger but I hung back .
pile into / out of	(informal) enter/leave a place or vehicle quickly and not in an organised way	The schoolchildren piled into / out of the bus.
squash up	(informal) move closer together in order to make space for someone else	If you squash up , there'll be room for Tim on the sofa too.
gain on sb/sth	get nearer to someone or something that you are chasing	The helicopter could see that the police car was gaining on the robbers' car.

C

A long walk

● ● ●
✉

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Hi Gemma!

We're having a great holiday. Yesterday we went for a long walk in the hills. It was longer than it needed to be because Ivan misread the map. We walked quite a long way but then came to a big cliff and had to **double back**¹. We saw lots of wildlife. In the early evening we **stumbled on**² some deer. At first they were startled and **drew back**³ from us into the forest, but we **stood well back** so as not to frighten them and they soon relaxed and went back to their grazing. We stood still and watched them for some time. We suddenly realised that it was starting to get dark and that we'd better **push on**⁴. We were **zipping along**⁵ until I **tripped over**⁶ a fallen branch. I thought I might have sprained my ankle, but we managed to get back to our cottage in time to have a late supper and it's fine today.

Seb

- ¹ go back in the direction we'd come from
² found/met by chance
³ moved away because they were surprised or afraid

- ⁴ continue on our walk
⁵ (informal) moving very quickly
⁶ fell because I accidentally hit my foot against something while walking

Exercises

46.1 Complete these sentences using the correct particles.

- 1 I accidentally walked Max and Isla the other day at the office, and they were having a terrible row about something!
- 2 They stole in the middle of the night; nobody knew they had left.
- 3 I looked in the rear-view mirror and saw that the mysterious motorcyclist was gaining me.
- 4 We all piled the car, but we had to squash..... as it was only small and there were five of us.
- 5 Oh! I didn't realise you were there! You shouldn't creep me like that!

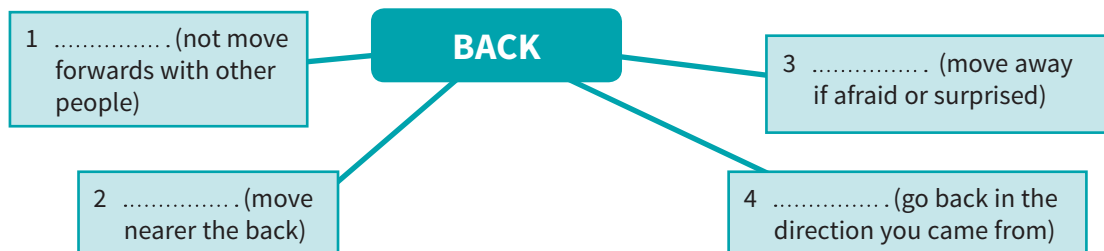
46.2 Complete these sentences with a verb from the opposite page.

- 1 We all into the taxi and headed off to a club to end our perfect night out.
- 2 Old Mrs Gifford over the edge of the carpet and fell and hurt her ankle.
- 3 I don't think we have time to stop for lunch; we'd better on if we want to get there before it gets dark.
- 4 The fire chief told everyone to well back as there was the risk of an explosion.
- 5 The message warned them to everyone out of the building as quickly as possible.
- 6 When I was putting some books in the attic, I on an old picture I hadn't noticed before.
- 7 Crossing the valley, we were along, but then the car suddenly broke down as we went up a hill.
- 8 I suddenly realised I'd left my wallet in the café where we'd stopped for breakfast, so we had to back.

46.3 Explain the play on words in these sentences. Use a dictionary if necessary.

- 1 When he had finished his painting, the artist drew back to see his work from a distance.
- 2 The children's jackets were all undone as they stood in a row waiting for the photographer, so she zipped along the line to fasten them.
- 3 Squash up, kids, and when you're all sitting down, I'll give you some juice.
- 4 The twins set off in one direction but then doubled back to try to lose their pursuers.
- 5 The robbers stole away as soon as they heard the police car outside the bank.

46.4 Complete the chart with four verbs which can be used with *back* to match the meanings in brackets. Then make four sentences using one of the verbs in each.



A

Animals and plants

Elephants **feed on** plants. By **pulling down** trees to eat leaves, **breaking off** branches and **pulling up** plants, they create clearings in which new vegetation can grow to provide nutrition in the future. However, their destructive habits have meant that a number of plants are in danger of **dying out**¹.



The cherry laurel requires consistently moist soil; do not allow it to **dry out**. In favourable areas it is very invasive; if you **cut** the tree **down**, it will still **send out** limbs from the root and **offshoots**² from the bottom of the stem. Very hard to **dig up**. The cherry laurel has small flowers which **come out** in late spring.

The South African secretary bird **preys on**³ insects, snakes, tortoises and rats. Small prey are **picked up** in the bill and swallowed. Larger prey are first stamped to death and then eaten. The secretary bird also stamps its feet on the ground to **flush out**⁴ prey.



¹ becoming more and more rare and eventually disappearing completely

² plants which have developed from a larger plant

³ catches for food

⁴ force an animal to come out of its hiding place

B

Water and sky

phrasal verb	definition of phrasal verb	example
dry up	disappear (used about water)	The river is in flood now – it's hard to believe it completely dried up six months ago.
freeze over	become covered with ice	In the far north, the sea freezes over for several months each year.
go out / come in	move further away from the beach / nearer the beach	When the tide goes out , we can look for shellfish. But we'll have to be careful as the tide comes in quickly here.
come out	appear in the sky (used of the sun, moon or stars)	It is spectacular here at night when the stars come out .
go in	become hidden by a cloud	Let's go indoors now – the sun has gone in and it's getting chilly.
overcast	grey, covered in cloud (used about the sky)	I don't want to go to the beach today as it is so overcast .
wash away	carry away by water	An old boat abandoned on the beach was washed away by the unusually high tide.
eat away at	gradually destroy by taking little bits at a time	The sea is eating away at the cliff, and houses close to the edge are at risk.

Exercises

47.1 Complete these commentaries from television nature documentaries with the correct phrasal verbs. You are given the first letter each time.

Here in this cold landscape of cliffs and stony beaches, these birds f..... (1) the many fish which are found offshore. Seals also p..... (2) the abundant fish stocks. It is hard to imagine that if global warming increases, these wonderful creatures may d..... (3) and never be seen again at this latitude. Sea levels will rise and e..... (4) the cliffs and rocky shores, w..... (5) their natural habitats forever. And, paradoxically, as the temperature and sea levels rise, some of the inland lakes may d..... (6) altogether, leaving an arid landscape.

These elegant creatures p..... (7) the higher branches of trees and eat the succulent leaves. In the course of their feeding, they often b..... the branches (8) causing damage to the trees, and even more so by p..... (9) the youngest saplings altogether. Fortunately, nature always revives, and the destroyed and damaged trees s..... (10) new o..... (11) so that, in time, the forest renews itself. Only humans are the real enemy, c..... (12) the trees and d..... (13) the most precious plants to collect specimens, denuding the forest forever, and all for commercial gain.



47.2 Answer these questions using phrasal verbs or phrasal adjectives from the opposite page.

- 1 What would happen to a pond if the temperature dropped to -10°C ?
- 2 What might happen to a shallow lake if the weather is very hot and there is no rain for a long time?
- 3 What adjective can describe the sky when it is grey and covered in cloud?
- 4 Why is the sea not always at the same place on a beach?
- 5 If the police suspect that bank robbers are hiding in a forest, what might dogs help them to do?

47.3 Rewrite these sentences using phrasal verbs or phrasal adjectives from the opposite page.

- 1 As night fell, the stars appeared.
- 2 The sun became hidden by a cloud and the temperature fell suddenly.
- 3 Cats (both large and small) lift their young with their teeth to move them around.
- 4 It was lovely and sunny this morning but now the sky is grey.
- 5 Many wild animals and plants are on the verge of becoming extinct.

47.4 Complete these encyclopaedia entries using phrasal verbs from the box in the correct form. Use a dictionary if necessary.

watch over take over move in bring up fend for chase out

In many places, grey squirrels have (1) and the native red squirrels (2). They have then (3) their territory.

Many animals (4) their young in a similar way to human parents, (5) them till they are mature; others leave their young to (6) themselves shortly after birth.