



LEARNING PHRASAL VERBS AND IDIOMS IN CONTEXT

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THEME 1: BODY, HEALTH AND MIND

UNIT 1: A HEALTHY EATING PLAN

Brad: I realized I'd **put on**¹ weight when my trousers started to feel a bit tight. But when I couldn't **do up**² the jacket on my best suit, I knew right away it was time to **turn over a new leaf**³ – **as far as**⁴ food **was concerned**, anyway. I mentioned this to a friend, who sent me details of internet dieting programme. I thought it was worth trying, so I **signed up for**⁵ it

The websites sent me weekly recipes of healthy diet meals, but also recommended that I should **cut down on**⁶ the actual portion size, and obviously **cut out**⁷ junk food, sweets, fizzy drinks, etc. It was **hard going**⁸ at first because it meant changing a number of habits, but I **kept to**⁹ the diet very rigidly and after a while, the weight started to **fall off**¹⁰. I combined it with **working out**¹¹ at the gym, but I know that the diet was the main thing that helped.

A normal meal now **fills me up**¹², so I'm not constantly looking for extra snacks (which are my big temptation). I'm going away on holiday next week, happy to **show off**¹³ my new image! I'm glad I **faced up to**¹⁴ my problems.

*EXPLANATION:

1. **put on**¹ (weight): Become heavier.
2. **do something up**² : fasten an item of clothing which has buttons or a zip.
3. **turn over a new leaf**³ : start to act or behave in a better way.
4. **as far as**⁴sth/sb **is concerned**: used to say which person or thing you are talking about.
5. **sign up for**⁵ **for sth**: arrange to do a course, join a group, etc. by adding your name to a list of people doing it.

6. **cut down on**⁶ **sth**: eat, drink or use less of sth.
7. **cut sth out**⁷: stop eating or drinking sth, especially sth that is bad for you.
8. **hard going**⁸: needing a lot of effort.
9. **keep to**⁹ **sth**: follow a rule or an agreement, by doing what you said you would do.
10. **fall off**¹⁰: decrease in quantity or quality.
11. **work out**¹¹: make your body fit and strong by doing a programme of regular exercises.
→workout (n)
12. **fill sb up**¹² **(of food)**: make sb feel completely full.
13. **show sth off**¹³: show people sth that you are proud of it.
13. **faced up to**¹⁴ **sth**: accept or deal with sth that is difficult or unpleasant.

UNIT 2: COMMON AILMENTS

Li: Hi, Rose! How are things?

Rose: I'm feeling a bit **under the weather**, actually. I had some shellfish round at my sister's last night and it didn't **agree with** me.

Li: Oh, dear! Were you sick?

Rose: Yes, I was **throwing up** all night.

Li: Well, just drink water and eat dry toast- that's what Mum recommends.

Rose: I will- when I can **keep** something **down**.

Ali: I hear Jamie's **picked up** a bug.

Ann: Yes, there are lots of them **going round** at the moment. I don't think it's serious, but he's really looking **washed out**, so I'm keeping him at home today.

Ali: Well, **it won't do him any harm** to **take it easy** for **a day or two**.

Ann: No, these things can **take it out of** you, but I'm sure he'll **get over** it soon.

Ali: Yeah, he's young-he'll be **on the mend** in no time!

Joc: Dad's been **complaining of** a bad back again.

Lottie: Yes, it usually **flares up** when he's been gardening.

***EXPLANATION:**

1. **Under the weather (INF)**: feeling slightly sick or not as well as usual.
2. **Not agree with sb (of food)**: make you feel sick or ill.
3. **Throw up (INF)**: bring food from your stomach back out through your mouth = **vomit**
4. **Keep sth down**: succeed in keeping food in your stomach even if you feel sick.
5. **Pick sth up**: catch an infectious illness.
6. **Go round**: if an illness is going round, people are catching it from each other.
7. **It won't/ wouldn't do (sb) any harm**: used to say what sb should do.
8. **Take it/things easy**: relax and avoiding doing too much or working too hard. SYN Put your feet up.
9. **A day or two**: one or a few days.
10. **Take it/a lot out of sb**: INF: make sb feel mentally or physically tired.
11. **Get over sth**: start to feel better or well again after an illness or something unpleasant.
12. **On the mend**: getting better after an illness or injury.
13. **Complain of sth**: say that you are suffering from sth, e.g. pain, an illness.
14. **Flare up**: suddenly start again or become worse.
15. **Wash out**: look pale, ill or tired.

UNIT 3: GOING TO THE HOSPITAL

EVA: when I was eight, I was **knocked over** by a bike outside my house. Of course, I **burst into tears**- it was mainly the shock, but I'd cut my knee badly and my arm was starting to swell. People **crowded around**, trying to help. Fortunately, a doctor was **passing by** and he sent me to the hospital to get **checked over**. When I got there, the nurse **calmed me down**, and they cleaned and **stitched up** the cut. Back at home, Mum **took care of** me and gave me ice cream. After a day or two, the pain **eased off** and the swelling **went down**. They **took** the stiches **out** a week later.

FRANCISCO: Not long ago, I had to go to the hospital to **have** my wisdom teeth **out**. I hate injections **at the best of times**, but on this occasion, when they tried to give me an anaesthetic, I just **passed out**. I felt stupid when I **came to**.

*EXPLANATION:

1. **Knock sb over/down:** hit sb with a vehicle so that they fall and are injured or killed.
2. **Burst into tears:** start crying suddenly.
3. **Crowd round/around (sb/sth):** gather in large numbers around (sb/sth).
4. **Pass by (sb/sth):** go past. A person who goes past is a “**Passer-by**”.
5. **Check sb/sth over:** examine sb/sth to see if there is anything wrong with them/it.
6. **Calm sb down:** make sb feel more relaxed and less anxious or emotional.
7. **Stitch sb/sth up:** join sb's skin after it has been cut.
8. **Take care of sb:** do the necessary things for sb who needs help. SYN: **Look after sb**.
9. **Ease off:** if sth unpleasant, e.g. pain **eases off** : it gets better or becomes less.

10. **Go down (of swelling):** become less.

11. **Take sth out:** remove sth from sb's body.

12. **Have sth out:** have a tooth removed from your mouth, or an organ, e.g. an appendix, removed from your body.

13. **At the best of times:** used to say that sth is difficult or unpleasant, even when the circumstances are good.

14. **Pass out:** lose consciousness, e.g. when someone sees blood, he or she may *pass out*.

15. ***come to* = *come round*:** become conscious again.

