

VOCABULARY: Phrasal verbs

Complete the sentences with the correct prepositions.

1 Javi never does anything half-heartedly. He always throws himself _____ new experiences and adventures.

2 Many people devote themselves _____ their work because they see it as a reflection of their success in life.

3 There are a number of health problems associated _____ poor diet, such as cholesterol and diabetes.

4 Many new businesses sprung _____ quickly earlier this year when they relaxed tax regulations.

5 As the reporter knew little about football, he read up _____ the club before interviewing the manager.

6 Research has shown that people who were eldest children are more likely to put themselves forward _____ management roles than people who were middle or youngest children.

7 Phone companies are always coming out _____ new updates and versions of their phones. It's hard to keep up!

8 Unfortunately, the elderly are far more likely to fall _____ internet scams than any other demographic.

9 Frank always promises the world but every time he fails to follow through _____ what he says. He just can't be trusted.

10 Backing _____ from an argument doesn't necessarily prove that you're wrong. It can often show a high level of maturity and compromise.

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VOCABULARY: Fixed phrases

Choose the correct options to complete the text.

Climate change poses a ¹¹ **dangerous / threat** to everybody on this planet, yet many people do little to help the situation. In fact, some even ¹² **dismiss / release** the theory and evidence on this matter. We probably all know one or two ¹³ **hardened / seasoned** travellers who don't give a second thought about the damage their travel does to the environment.

Sometimes this kind of attitude makes it feel like you can't make a difference. However, you can ¹⁴ **boost /**

promote your determination with the knowledge that every year more and more people are thinking about how they can care for the environment. It's worth making an effort to recycle and reuse and cut down on travel. You might exceed your ¹⁵ **expectations / projections** and find it's easier than you think.

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VOCABULARY FILE

Complete the sentences with the words from the box.

blow

16 I don't mind lending my brother things but asking for that amount of money is a _____ too far.

17 It's not unusual for people to get cold _____ when they're about to do something that scares them, like bungee jumping or even getting married.

18 The players were both so angry about the incident that they came to _____ on the pitch just before half time.

19 The United Nations has been at the _____ of international cooperation for the last seventy years.

20 Harry had a terrible accident last month, but he's back at work and doing quite well, all things _____.

21 While some people may enjoy a practical _____, I believe they are just a mean way of making fun of other people.

22 It is beneficial to go out of your comfort _____ when you are a young adult, by perhaps travelling to faraway countries.

23 In the same _____ as saying how tolerant he was, my manager then began to explain everything I hadn't done to his standard in the past week.

24 When Joaquin won the scholarship over all the other students in the region, he got stuck for _____.

25 Perhaps in the past there was a _____ about eating at a restaurant alone, but I think today that isn't really the case.

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