

## HEALTH: PHRASAL VERBS

**Task 1.** Complete the sentences and the text below with these phrasal verbs (*pay attention to the forms of the verbs*).

**Come down with**      **pass out**      **run over**  
**Pass away**      **get over**      **work out**  
**Fight off**      **throw up**      **let up**      **dose up**  
**Put on**      **warm up**      **cut down**      **do in**

1. Arnold Schwarzenegger must \_\_\_\_\_ a lot to maintain his physique.
2. You should \_\_\_\_\_ before you exercise or you might \_\_\_\_\_ your muscles \_\_\_\_\_.
3. I think I ate too much at Christmas. I've \_\_\_\_\_ two kilograms.
4. Many children \_\_\_\_\_ with an ear infection even before their first birthday.
5. Most people \_\_\_\_\_ a cold within two weeks.
6. A cold continues at its peak for several days, then it gradually \_\_\_\_\_.
7. The human body's immune defences usually \_\_\_\_\_ viruses.

**Task 2.** Fill in the blanks with suitable phrasal verbs.

I always **1** \_\_\_\_\_ with colds. In fact, I was suffering from one last weekend. I hate it when your nose **2** \_\_\_\_\_ so much that you can't breathe and you feel like you're going to **3** \_\_\_\_\_. I'm **4** \_\_\_\_\_ it now though. People say that you should \_\_\_\_\_ with vitamin C to **5** \_\_\_\_\_ colds \_\_\_\_\_. I take vitamin C every day but they still **6** \_\_\_\_\_ me \_\_\_\_\_ every autumn.

## Cold facts

Children **come down** with about 5 to 7 colds per year and adults average about 2 or 3.

Most colds **let up** after seven to 10 days.

**Dosing up** on antibiotics won't **fight off** colds because they are viral, not bacterial.

A fever helps you to **get over** a cold by activating the immune system.