

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
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 ***I*** _____ 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



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