

READING AND VOCABULARY



A change of habit

More and more people are opting to change their eating habits.
This article looks at vegetarianism and veganism, the reasons why people make these dietary choices, and the challenges they face when they do so.

1 Read the article and find out...

a Jessica's reasons for wanting to become a vegetarian: Her concern for _____.

b Jessica's current diet: _____, _____, _____ and _____.

c what steps Richard recommends when changing one's diet?

- ◆ _____ it _____ by step.
- ◆ _____ up _____ thing at a time.
- ◆ _____ the internet for _____ and _____.

2 Discuss these questions about phrasal verbs. Use a dictionary if necessary.

a What is the difference in meaning between **pick a book up** and **pick a language up**?

Which meaning is idiomatic? _____

Which meaning is literal? _____

b What is the difference in meaning between **I gave up** and **I gave my independence up**?

Which verb is transitive? _____

Which verb is intransitive? _____

c **Look sth up** is transitive and separable. Which of the following patterns is **not** possible?

I looked up the word / I looked the word up / I looked up it / I looked it up

d **Look into sth** is transitive and not separable. Which of these patterns are **not** possible?

I looked into the matter / I looked the matter into / I looked into it / I looked it into?

3 Identify all the phrasal verbs in the article on page 46. For each one, decide ... click on the correct boxes

- if the meaning is literal or idiomatic.
- if the verb is transitive or intransitive.
- if the transitive verb is separable or not separable.

Phrasal verbs	literal	idiomatic	transitive	intransitive	separable	Non-separable
Give up eating meat						
pick it up as you go along						
Look up the available information						
hang out with me						

Complete the following questions with **take** or **get**.

- a What time do you ____ up during the week?
- b Do you always ____ out travel insurance when you go abroad?
- c Clare wants to ____ on the basketball team.
- d Do you find that grammar rules are easy to ____ in?
- e What time do you usually ____ off work?
- f What kinds of things ____ you down?

Ask your partner the questions.

Take, get, put, come, go, and set are the six most common verbs found in phrasal verbs. Decide which common phrasal verb is being defined by each of the "meaning menus" A-F.

- a come up
- b ____ on
- c ____ on
- d ____ up
- e ____ off
- f ____ on

Replace the underlined words or phrases in sentences a-f with the correct form of an appropriate phrasal verb from Exercise 3.

- a I never miss the news. I like to know what's happening in the world.
- b I always try to leave early when I've got a long way to drive.
- c I buy a lottery ticket every week but my numbers never win.
- d Daniel was chosen to be part of the soccer team.
- e I'm so busy. I can't accept any more work right now.
- f My apartment is pretty small, so when I let people stay they have to sleep on the couch.

Work with your partner. Some phrasal verbs are made up of a verb and two particles. Add **at**, **for**, **on**, or **with** to complete these sentences. Use your dictionary if necessary.

- a "Is that the best you can come up ____?"
- b "When does it come up ____ renewal?"
- c "Just get on ____ it. We don't have all day!"
- d "Stop going on ____ me, will you?"
- e "I can't put up ____ this any longer."
- f "I might take you up ____ that one of these days."