PHRASAL VERBS

4 Complete the sentences with the correct particles.

1 I've **put** _____ **a lot of weight** this year and I can't **do** _____ my jeans!
2 I really need **to go** _____ **a diet** before the holiday.
3 I must **cut** _____ **on** the number of chocolate bars I eat every day.
4 If you **take** _____ a sport, you'll get slim really quickly.
5 You should **go** _____ darker colours because they're more slimming.