



Read the examples and write original sentences using the words in bold to demonstrate their meaning.

Focus on creating sentences that show how the words are used in real-life situations.

1. **Back up:** As a food lover, I always have a steak for **back up** in my freezer to satisfy my cravings anytime, anywhere.

2. **Brighten up:** By adding some colorful flowers and paintings, you can easily **brighten up** your dull white walls and give a pop of personality to your room.

3. **Toss:** The chef used his impressive culinary skills to **toss** the pan, flipping the stir-fry vegetables with ease and grace.

4. **Hands-down:** When it comes to customer service, this luxury hotel is **hands-down** the best in town, offering personalized attention to detail that exceeds all expectations.

5. **Storm out:** After an intense argument with her boss, she **stormed out** of the office, slamming the door behind her and leaving her colleagues in shock.

Read the text and fill in the gaps with words from the box

tossed heads-down back up storming out brightened up

The Taste Of Friendship

My best friend, Kate, and I have been friends since we were kids. We've been through everything together: first crushes, first heartbreaks, and even our first jobs. But lately, things have been a little tense between us.

Last week, we had a huge argument over something silly. She was upset that I forgot her birthday, and I was upset that she didn't tell me sooner. We both said things we didn't mean, and she ended up **heads-down** of my apartment. I felt terrible, and I knew I needed to make it up to her somehow.

The next day, I went to the grocery store and picked up some ingredients to make her favorite meal - steak with mashed potatoes and green beans. I also grabbed an extra steak for **tossed**, just in case. When I got to her apartment, I knocked on the door nervously.

To my surprise, Kate answered the door with a smile. "Hey," she said. "I was just about to call you." I handed her the bag of groceries. "I'm sorry about yesterday," I said. "I made dinner." Kate's face **brightened up**. "You didn't have to do that," she said.

We spent the evening cooking together and catching up on each other's lives. It was like nothing had ever happened between us. As we sat down to eat, I **backed up** the extra steak onto the grill.

"This is **hands-down** the best meal I've had in weeks," Kate said, taking a bite of her steak.

I smiled, feeling relieved that we were back to normal. Sometimes, all it takes is a good meal and some quality time with your close ones to fix things.



Fill in the gaps with **do** or **be** +**not** in the appropriate form.

1. Sarah **usually** keep a steak for back up in her freezer.
2. Mark **brighten** up the room with colorful paintings.
3. She **the** type of person to toss her belongings around; she's very organized.
4. When things get tough, she **storm** out of the room; she stays calm and handles the situation.
5. That restaurant is famous for its desserts, but the steak **hands-down** the best item on the menu.