Ex 10. Fill in the blank with a suitable phrasal verbs

work out	stay up	give up	go on	turn off
give off	get over	go off	cut down	spread out

1. Jump with your feet apart and your arm _____
2. I'm trying to _____ on fatty foods to have a healthy diet
3. I've got school tomorrow. I don't want to _____ late.
4. My brothers _____ at a gym or swim twice a week.
5. My friends _____ eating junk food and energy drinks
6. I'd love a dessert, but I want to _____ a diet.
7. Please _____ smarphones, laptops or tablets before you go to bed
8. Smarphone screens _____ blue light which is harmful to our eyes
9. Yates is struggling to _____ a serious knee injury.
10. Cream will _____ very quickly if it is not kept in the fridge.

LIVEWORKSHEETS