

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

<b>work out</b>	<b>stay up</b>	<b>give up</b>	<b>go on</b>	<b>turn off</b>
<b>give off</b>	<b>get over</b>	<b>go off</b>	<b>cut down</b>	<b>spread out</b>

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 \_\_\_\_\_ smartphones, laptops or tablets before you go to bed
8. Smartphone 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.