

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.