

Look at the sentences. Choose the correct option.

1. Relax, there is more than enough food, no need to **bolt it all down/ chop it all up**.
2. All I want to do is sit on the couch and **pig out on/pick at** fast food.
3. I **ordered in/chopped up** the onions. What do I have to do next?
4. I'm trying to diet, so I'm **whipping up/cutting out** all unhealthy food.
5. My mom always **goes off/whips up** an amazing breakfast.
6. The fridge is empty. Shall we **order in/warm it up**?
7. I can put it in the microwave and **order in/warm it up** really quickly.
8. I'm trying to **whip up/cut down on** dairy products as I was told they weren't healthy.
9. We need to buy some more milk, the one in the fridge **bolted it down/went off**.
10. You're **pigging out on/picking at** your vegetables again. You don't like them?

Fill in the blanks with the correct phrasal verb. Don't forget to use the correct tense.

1. Can you get some herbs and _____ them _____ for the soup?
2. Don't _____ your food, you'll get a tummy ache.
3. He always _____ his food. He's a fussy eater.
4. I always _____ during Christmas dinner, there is so much food to eat.
5. I _____ some pizza, it will be here in 15 minutes.
6. Just _____ the leftovers from yesterday.
7. Let's see what I have in the fridge and _____ you something _____.
8. My doctor told me to _____ all red meat.
9. What's that horrible smell? I think something _____.
10. You should really _____ salt, you eat way too much of it.

Answers

1. Relax, there is more than enough food, no need to **bolt it all down**.
2. All I want to do is sit on the couch and **pig out on** fast food.
3. I **chopped up** the onions. What do I have to do next?
4. I'm trying to diet, so I'm **cutting out** all unhealthy food.
5. My mom always **whips up** an amazing breakfast.
6. The fridge is empty. Shall we **order in**?
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8. I'm trying to **cut down on** dairy products as I was told they weren't healthy.
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1. Can you get some herbs and **chop** them **up** for the soup?
2. Don't **bolt down** your food, you'll get a tummy ache.
3. He always **picks at** his food. He's a fussy eater.
4. I always **pig out** during Christmas dinner, there is so much food to eat.
5. I **ordered in** some pizza, it will be here in 15 minutes.
6. Just **warm up** the leftovers from yesterday.
7. Let's see what I have in the fridge and **whip** you something **up**.
8. My doctor told me to **cut out** all red meat.
9. What's that horrible smell? I think something **went off**.
10. You should really **cut back on** salt, you eat way too much of it.