

# Advice or warnings

## come on

- ① You say **come on** to someone when you want to encourage them.

*Come on, you're doing fine. Lean on me and I'll get you home.*

- ② You say **come on** to someone when you want them to come somewhere more quickly.

*Come on, Sophie, we're going to be late.*

**[NOTE]** You can also use **come along**.

## give up

If you **give up** or **give up** something, you stop doing an activity that you often used to do.

*Philip has **given up** smoking.*

*I used to jog but I **gave it up** because it was hurting my knees.*

*I used to smoke, but I **gave up** a couple of years ago.*

## keep from

- ① **keep** someone **from** doing something, or **keep** something **from** happening means to stop them doing it or stop something from happening.

*Dad tried to **keep** me **from** going.*

*We tied up the bags to **keep** the rubbish **from** falling out.*

- ② If you **keep from** doing something, you manage to stop yourself doing it, but it is difficult.

*Did you manage to **keep from** telling the secret?*

## keep out

- ① To **keep** someone or something **out** means to stop them from entering a place or being there.

*There is a guard dog to **keep out** intruders.*

*The net **keeps** mosquitoes and other insects **out**.*

- ② If a sign says **Keep Out**, it is warning you not to go onto that piece of land.

*'Private property. **Keep out**.'*

## look down

If you **look down**, you lower your eyes to see what is below.

*He paused on the narrow ledge and **looked down**.*

## look out

You say **look out** to warn someone about something that you have noticed, especially danger.

*'**Look out**,' I said. 'There's someone coming.'*

**[NOTE]** You can also use **watch out**.

## mess up

If you **mess** something **up**, you spoil it or do it badly.

*One mistake will **mess up** the whole project.*

*You've **messed** the printing **up** – it's printed on the same side twice.*

## pull over

- ① When a vehicle or driver **pulls over**, they move closer to the side of the road, and stop.

*Drivers need safe places to **pull over** when feeling tired.*

- ② If the police **pull** a car or driver **over**, they signal to the driver to drive the car to the side of the road and stop.

*We saw a police car **pulling over** a lorry.*

*A police car **pulled** them **over**.*

## run to

If you **run to** someone, you go to them for help, advice or protection.

*We must learn to trust our own intuition and judgment, and not always **run to** the experts.*

## settle down

If people **settle down** or if you **settle** them **down**, they become calm or quiet.

***Settle down**, children. You're making too much noise.*

*It took the teacher several minutes to **settle** the class **down**.*

**[NOTE]** You can also use **calm down**.

## step up

If you **step up** something, you increase its speed, amount, or intensity.

*You're going too slowly. **Step up** the pace a little.*

*The candidate is **stepping** his campaign **up** as the election approaches.*

## stick to

- ① If you **stick to** something, you continue to do what you have decided or what is expected.

*The diet won't work unless you **stick to** it.*

**[NOTE]** You can also use **keep to**.

- ② If you **stick to** something or someone, you stay close to them.

*It's best to **stick to** well-lit roads.*

- ③ If you **stick to** a subject, you talk only about it, and not about anything else.

*Don't give your opinions, just **stick to** the facts.*

**[NOTE]** You can also use **keep to**.

## stick with

- ① If you **stick with** something, you continue to use it or do it, rather than changing.

*Should they **stick with** the business or try to start something else?*

**[NOTE]** You can also use **stick at** and **stick to**.

- ② If you **stick with** someone, you stay close to them.

***Stick with** me and you'll be okay, don't you worry.*

## try for

If you **try for** something, you make an effort to get it or achieve it.

*The school advised me to **try for** Oxford University.*

## turn to

If you **turn to** someone, you ask them for help or advice.

*I have no other friend to **turn to**.*

## watch out

If you tell someone to **watch out**, you are warning them to be careful because something unpleasant might happen to them.

*If you don't **watch out**, he might cause trouble for you.*

**[NOTE]** You can also use **look out**.

Exercise 1

Complete the sentences with the verbs in the box.

watch | stuck | give | pull | settle | messed | keep | come

- 1 \_\_\_\_\_ on, Mike, you can do it!
- 2 Good sunglasses will help to \_\_\_\_\_ the sun out of your eyes.
- 3 We had been driving for hours so decided to \_\_\_\_\_ over and have a rest.
- 4 When they went walking in the mountains, they \_\_\_\_\_ to the paths.
- 5 There are bears in these woods, so you'd better \_\_\_\_\_ out.
- 6 I think I might have \_\_\_\_\_ up my exams.
- 7 Please \_\_\_\_\_ down and be quiet!
- 8 His doctor advised him to \_\_\_\_\_ up drinking coffee.

Exercise 2

Complete the sentences. Choose the correct particles.

- 1 We've built a wall around the vegetable garden to keep *out / from / down* animals.
- 2 I know it's difficult to learn a language, but if you stick *to / up / with* it, it'll get easier.
- 3 We're taking the cable car to the top of the mountain. If you're afraid of heights, don't look *in / down / over*!
- 4 He always runs *in / for / to* his best friends for advice.
- 5 I'm sorry. I think I messed *up / out / at* my presentation. I showed the slides in the wrong order.
- 6 You're really good at athletics, you know. Why don't you try *out / on / for* the team?

Exercise 3

Match phrasal verbs 1–6 with definitions A–F.

- |  |   |
|--|---|
| 1 Cut down on sugar and <i>step up</i> your intake of fresh foods. | A warning to tell someone to be careful |
| 2 <i>Watch out</i> ! There's a waterfall ahead.                    | B continue to do something              |
| 3 Their doctor said they could <i>try for</i> a baby.              | C talk only about something             |
| 4 I think we should <i>stick to</i> the point.                     | D increase the amount of something      |
| 5 I know you find this difficult, but <i>stick with</i> it.        | E go to someone for help or advice      |
| 6 He always <i>runs to her</i> whenever things go wrong.           | F make an effort to achieve something   |

Exercise 4

Match sentence halves 1–6 with A–F to make complete sentences.

- |                                  |                                       |
|----------------------------------|---------------------------------------|
| 1 I was so cold I couldn't       | A he told me to <i>look out</i> .     |
| 2 In times of difficulty you can | B be okay.                            |
| 3 As he cycled towards me        | C and don't <i>look down</i> !        |
| 4 I don't want to <i>mess up</i> | D <i>keep from</i> shivering.         |
| 5 <i>Come on</i> , Kara, it'll   | E always <i>turn to</i> your parents. |
| 6 My advice is keep climbing     | F my life again.                      |

Exercise 5

Complete these road signs with the correct particles in the box.

OUT | OUT | OUT | OVER | OVER | TO

- 1 IF YOU'RE TIRED, PULL \_\_\_\_\_
- 2 FALLING ROCKS – LOOK \_\_\_\_\_!
- 3 KEEP \_\_\_\_\_ – ROAD CLOSED
- 4 STICK \_\_\_\_\_ LOW SPEEDS FOR NEXT 20 MILES
- 5 PULL \_\_\_\_\_ TO ALLOW AMBULANCES THROUGH
- 6 WATCH \_\_\_\_\_: ANIMALS CROSSING

Exercise 6

Replace the underlined verbs with a phrasal verb from the box with the same meaning.

watch out | given up | stick to | mess up | keep to | settle ... down | keep from | come on

- 1 *Come along*, we don't want to be late for the film!
- 2 '*Look out*!' somebody shouted, as the truck started to roll toward the sea.
- 3 Start a new exercise regime and this time *stick to* it.
- 4 I can't *resist* mentioning my favourite scene in the film.
- 5 Of course we will *adhere to* our policy.
- 6 I don't want to *spoil* my chances.
- 7 Read your child a story to *calm her down*.
- 8 Gemma has *stopped* taking sugar in her tea.

Exercise 7

Complete the sentences with the correct forms of phrasal verbs from this unit.

- 1 I was driving too fast, and the police \_\_\_\_\_ me \_\_\_\_\_ and took my details.
- 2 A long distance runner needs to \_\_\_\_\_ the speed just before the finishing line.
- 3 When I was younger, I couldn't \_\_\_\_\_ biting my nails. Luckily I've grown out of that habit now.
- 4 There's a huge crowd of people at the concert, so in order not to get lost, \_\_\_\_\_ me.
- 5 \_\_\_\_\_, hurry up! We're going to be late!

Exercise 8

Read the question and answer from an advice website. Underline all the phrasal verbs, then decide if the sentences that follow are true (T) or false (F).

Dear Ali,

My parents have always encouraged me to try for medical school, but I think I may have messed up the entrance exam. I just don't know who to turn to for help or what to do next. Can you help?

Jack

Dear Jack,

Don't let one failure keep you from doing what you want to do. If going to medical school is your dream, then you should stick with it. Step up your efforts to make sure you get a place in another school. You can do it!

Ali

- 1 Jack's parents wanted him to go to medical school. ☐
- 2 Jack has passed the entrance exam. ☐
- 3 Jack doesn't know who to ask for help. ☐
- 4 Ali tells Jack not to go to medical school. ☐
- 5 Ali encourages Jack to follow his dreams. ☐
- 6 Ali advises Jack to try for other schools. ☐

Your turn!

Look for a website that gives advice on a subject that interests you. Can you find any examples of the phrasal verbs in this unit?

