

Phrasal Verb

Phrasal Verb	Arabic Translation	Phrasal Verb	Arabic Translation
be blown away	أن أدهش/أن أفاجأ	go out	أن تنطفئ/أن تخرج
be fed up with	أن أملّ من	go with	أن يتناسب مع
be off	أن أذهب/أن أغادر	hold down	أن يحتفظ/أن يحافظ على منصب أو وظيفة
break down	أن يتعطل/أن ينهار	keep up with	أن يواكب
break off	أن يقطع/أن ينفصل	leave out	أن يترك خارجاً
bump into	أن تصادف	look up to	أن يُعجب بـ
calm down	أن تهدأ	lose out	أن يخسر/أن يفقد فرصة
catch up on	أن تواكب/أن تتابع	mess up	أن يخطئ/أن يُفسد
chop down	أن يقطع/أن يقطع شجرة	pass on	أن ينقل
clear up	أن ينظف/أن يوضح	pay off	أن يؤتي ثماره
come across	أن يصادف/أن يجد	pick up	أن يلتقط
come across as	أن يظهر كـ/أن يبدو كـ	point out	أن يوضح/أن يشير إلى
come off	أن ينفصل/أن يسقط	put aside	أن يضع جانباً
come up with	أن يأتي بفكرة/أن يبتكر	set out	أن يبدأ
cut down on	أن يقلل من	set up	أن ينشئ/أن يُعد
drive off	أن يقود السيارة بعيداً	speak up for	أن يتحدث لصالح
drop out	أن ينسحب/أن يترك الدراسة	speak out against	أن يعبر عن معارضته
eat away at	أن يأكل/يستنفذ (شخصياً أو عاطفياً)	spell out	أن يوضح بشكل دقيق
end up	أن ينتهي بـ	splash out	أن يُبذّر
figure out	أن يكتشف/أن يحل	stay out	أن يبقى خارجاً
get ahead	أن يتقدم	stay up	أن يبقى مستيقظاً
get by on	أن ينجو بـ/أن يعيش على	strike up	أن يبدأ (محادثة)
get rid of	أن يتخلص من	tell apart	أن يميز بين
go out	أن تنطفئ/أن تخرج	tell off	أن يوبخ
go with	أن يتناسب مع	throw away	أن يرمي بعيداً
hold down	أن يحتفظ/أن يحافظ على منصب أو وظيفة	turn out	أن يتبين
keep up with	أن يواكب	wipe down	أن يمسح/أن ينظف
leave out	أن يترك خارجاً	wipe off	أن يمسح/أن ينظف
look up to	أن يُعجب بـ	work out	أن يعمل/أن ينجح
lose out	أن يخسر/أن يفقد فرصة	work out	أن يحل/أن يكتشف الحل

Now let's practice 1 :Replace the bolded phrases with a phrasal verb:

1. I was **amazed by** the performance of the actress.
A) be off B) be fed up with C) break down D) be blown away
2. I'm completely **tired of** people gossiping about me.
A) calm down B) break off C) bump into D) be fed up with
3. We're all **leaving for** the coast for a few days for the holidays.
A) come across B) bump into C) break off D) be off
4. The freezer **stopped working**.
A) cut down on B) drive off C) drop out D) break down
5. We can **leave at any time** and return to our normal lives, whereas the people who live here can't.
A) break off B) drop out C) cut down on D) come up with
6. I **met** an old friend yesterday.
A) get ahead B) calm down C) catch up on D) bump into
7. I need to **relax**, but a wave of anxiety overwhelms me.
A) get by on B) come up with C) hold down D) calm down
8. Tonight we'll **catch up on** the latest episode of the show.
A) pick up B) work out C) break down D) catch up on
9. Two cherry trees in the garden were **cut down**.
A) throw away B) drop out C) set up D) chop down
10. I joined a group that wanted to **clean up** the town where I live.
A) pick up B) clear up C) wipe down D) work out
11. I happened to **find** this gem of a museum last week on a family trip to Amman.
A) tell apart B) come up with C) come across D) go with
12. People are more likely to like you if you **seem** approachable.
A) come across as B) break off C) calm down D) pass on
13. The door handle has **fallen off**.
A) come off B) work out C) cut down on D) come up with
14. It's a good idea to **think of** different arguments.
A) pass on B) come up with C) bump into D) pick up

15. **Cut down** on fatty foods if you want to lose weight.

- A) break down B) get ahead C) calm down D) cut down on

16. He saw the man get into the car and **drive away**.

- A) pick up B) drop out C) tell apart D) drive off

17. When she went to university, she was still immature and **quit** after her first year.

- A) stay up B) break down C) stay out D) drop out

18. The stress might gradually **destroy** you inside.

- A) work out B) eat away at C) clear up D) come across

19. Each year, over 125 million JOD worth of clothing is **thrown away** and ends up in landfill.

- A) pick up B) end up C) come up with D) break off

20. We soon **figured out** how to do it.

- A) work out B) figure out C) calm down D) pick up

21. She has always been determined to **succeed**, so she quickly got a new job.

- A) get ahead B) get rid of C) pass on D) drive off

22. When I was at university, I used to **manage** on 90 JOD a week.

- A) cut down on B) get ahead C) get by on D) stay up

23. Living in a small space means that you have to **dispose of** your excess possessions.

- A) get ahead B) pass on C) break down D) get rid of

24. I was watching a film when the lights suddenly **stopped working**.

- A) calm down B) drop out C) get ahead D) go out

25. OK, so will we **choose** banning single-use bottles then?

- A) go with B) pass on C) break down D) wipe down

26. People with autism might have problems at school or with **maintaining** a job.

- A) bump into B) hold down C) cut down on D) pick up

27. Alia found it difficult to **keep pace** with the other students in class.

- A) get by on B) work out C) pass on D) keep up with

28. They **left out** details which they think are unnecessary.

- A) work out B) stay out C) leave out D) come up with

29. I've always **admired** Ali because of his determination.

- A) throw away B) stay out C) look up to D) tell off

30. Unless you make an effort, you're going to **miss out on** the job.

- A) lose out B) work out C) come off D) go out

31. It doesn't matter if you **mess up**, you can always try again.

- A) mess up B) pick up C) drop out D) break off

32. I can **relay** a message to him if you like.

- A) pass on B) go with C) tell off D) come up with

33. It hasn't worked yet, but I'm sure our persistence will **be successful** in the end.

- A) pass on B) mess up C) pay off D) break down

34. The world's largest radio dish can **receive** signals from even the very deepest realms of space.

- A) wipe off B) pick up C) pass on D) break off

35. Dad's **collecting** his new electric car tonight at 7 p.m.

- A) pick up B) mess up C) break off D) stay out

36. I **learned** the new language quickly.

- A) pick up B) calm down C) mess up D) work out

37. He **pointed out** the errors in the text.

- A) cut down on B) mess up C) drop out D) point out

38. If you don't **save money**, you will never buy a car.

- A) work out B) bump into C) pick up D) put aside

39. Five years later, she began her journey to **start** flying around the globe.

- A) drop out B) work out C) set out D) set up

40. I **started** a small business recycling and customizing denim.

- A) break off B) put aside C) pick up D) set up

41. He is willing to **defend** their rights.

- A) calm down B) set aside C) speak up for D) pass on

42. People need to **protest** against discrimination.

- A) mess up B) break off C) pick up D) speak out against

43. You must clearly **explain** your idea so he understands.

- A) spell out B) set aside C) bump into D) calm down

44. It's worth **thinking twice** before you spend too much money on that shiny new gadget.

- A) splash out B) cut down on C) go with D) work out

45. I'm not allowed to **stay out** after 10 p.m.

- A) stay up B) mess up C) stay out D) get by on

46. Are you really planning to **stay awake** that long?

- A) go with B) stay up C) drop out D) bump into

47. I **started** a conversation with someone on the bus.

- A) pick up B) strike up C) calm down D) go out

48. Rhinoceroses are so short-sighted that they can't **distinguish** a person and a tree.

- A) bump into B) mess up C) cut down on D) tell apart

49. When I was little, my parents were forever **scolding** me about the things I'd done.

- A) pass on B) tell off C) stay out D) set out

50. Please **dispose of** this rubbish.

- A) cut down on B) throw away C) set aside D) pick up

51. It **turned out** that the girl had a rare disease.

- A) pick up B) pass on C) turn out D) go out

52. I **wiped** the wall with a damp cloth.

- A) wipe down B) wipe off C) throw away D) pick up

53. She **wiped off** the spilt milk from the table.

- A) wipe down B) break down C) wipe off D) set up

54. If things don't **work out**, try to make the best of the situation.

- A) bump into B) come off C) work out D) mess up

55. I couldn't **figure out** the answer to the question.

- A) break down B) work out C) pick up D) figure out

56. We should **figure out** a way to solve this problem.

- A) stay up B) pass on C) get rid of D) figure out

57. She managed to **get ahead** in her career despite the challenges.

- A) get rid of B) pass on C) drive off D) get ahead

58. I used to **get by on** very little money when I was a student.

- A) get ahead B) get by on C) cut down on D) stay up

59. Living in a small space means that you have to **get rid of** extra things.

- A) bump into B) pick up C) get rid of D) break down

60. The lights suddenly **went out** during the power outage.

- A) go out B) pick up C) stay out D) get ahead

61. Let's **go with** your idea for the party decorations.

- A) wipe down B) cut down on C) pass on D) go with

62. People with autism sometimes face challenges with **holding down** a job.

- A) hold down B) stay up C) pass on D) work out

63. Alia couldn't **keep up with** the other students in class.

- A) keep up with B) drop out C) work out D) cut down on

64. They **left out** some important details in the report.

- A) set up B) cut down on C) bump into D) leave out

65. I've always **admired** Ali because of his determination.

- A) throw away B) tell off C) stay out D) look up to

66. Unless you work hard, you'll **lose out on** the promotion.

- A) pick up B) lose out C) go out D) pass on

67. Don't worry if you **mess up**, just try again.

- A) work out B) mess up C) pass on D) cut down on

68. I can **pass on** the information to him if you want.

- A) come up with B) set aside C) pass on D) tell off

69. All our hard work will **pay off** in the end.

- A) pay off B) mess up C) throw away D) pick up

70. The satellite can **pick up** signals from distant galaxies.

- A) wipe down B) drop out C) pass on D) pick up

71. He's **picking up** his new car tomorrow.

- A) throw away B) drop out C) pick up D) stay out

72. She **picked up** the new language quickly.

- A) calm down B) drop out C) pick up D) work out

73. He **pointed out** the errors in the report.

- A) mess up B) point out C) get by on D) pick up

74. If you don't **save some money**, you will never buy a house.

- A) break down B) throw away C) put aside D) pick up

75. She **set out** to become a famous artist.

- A) get rid of B) pick up C) set out D) break down

76. I **set up** a small business selling handmade jewelry.

- A) work out B) drop out C) set up D) pass on

77. He **spoke up for** the rights of the underprivileged.

- A) tell off B) mess up C) speak up for D) speak out against

78. People should **speak out against** injustice.

- A) pass on B) speak out against C) mess up D) drop out

79. You need to **spell out** your instructions clearly.

- A) spell out B) go with C) tell off D) pick up

80. Think twice before you **splash out** on expensive items.

- A) break down B) get by on C) work out D) splash out

81. I'm not allowed to **stay out** after midnight.

- A) stay up B) mess up C) stay out D) break down

82. Are you planning to **stay up** all night?

- A) bump into B) stay up C) mess up D) go with

83. I **struck up** a conversation with a stranger in the park.

- A) pick up B) break off C) strike up D) stay out

84. Rhinoceroses can't **tell apart** a person from a tree because of their poor eyesight.

- A) bump into B) go with C) tell apart D) pass on

85. My parents used to **tell me off** when I misbehaved.

- A) break down B) stay out C) pass on D) tell off

86. Please **throw away** the old papers.

- A) pick up B) throw away C) set up D) calm down

87. It **turned out** that the store had closed early.

- A) turn out B) pick up C) mess up D) work out

88. I **wiped down** the counter after cooking.

- A) wipe down B) work out C) pick up D) pass on

89. She **wiped off** the chocolate from the table.

- A) wipe off B) break down C) wipe down D) set up

90. If things don't **work out**, we can try a different approach.

- A) go with B) work out C) stay out D) mess up

91. I couldn't **figure out** the answer to the math problem.

- A) get by on B) mess up C) pick up D) figure out

92. I tried to **work out** the answer, but I couldn't figure it out.

- A) get rid of B) stay up C) pass on D) work out

93. She was determined to **get ahead** and make her business successful.

- A) calm down B) get ahead C) tell off D) pick up

94. He had to **get rid of** his old clothes before moving into the new house.

- A) bump into B) get rid of C) set out D) drive off

95. I didn't **pick up** my keys when I left the house this morning.

- A) pick up B) bump into C) throw away D) pick out

96. He's been working hard to **get ahead** in order to get a promotion.

- A) come up with B) get ahead C) mess up D) get by on

97. She had to **drop out** of a meeting to attend her child's graduation.

- A) break off B) pick up C) work out D) drop out

98. The company decided to **set up** a new marketing campaign.

- A) set up B) stay out C) break down D) get by on

99. He always manages to **pick up** new things, even at his age.

- A) pass on B) tell apart C) drop out D) pick up

100. I think we need to **figure out** the plan before moving forward.

- A) set up B) calm down C) work out D) figure out

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Answers:

1	2	3	4	5	6	7	8	9	10
d	d	d	d	d	d	d	d	d	d
11	12	13	14	15	16	17	18	19	20
c	a	a	b	d	d	d	b	b	b
21	22	23	24	25	26	27	28	29	30
a	a	a	a	b	a	d	b	c	c
31	32	33	34	35	36	37	38	39	40
c	c	a	b	d	a	a	b	a	a
41	42	43	44	45	46	47	48	49	50
c	a	a	a	b	b	a	d	c	c
51	52	53	54	55	56	57	58	59	60
a	b	a	c	b	b	b	a	a	d
61	62	63	64	65	66	67	68	69	70
d	c	d	a	c	b	b	a	a	b
71	72	73	74	75	76	77	78	79	80
b	c	b	b	d	a	a	a	d	a
81	82	83	84	85	86	87	88	89	90
c	a	a	c	b	a	a	b	c	b