

Student Worksheet

Phrasal Verb Group "Keep"

1. To keep up

Meaning 1 = maintain a level / standard

Example 1:

Are you keep up with all these phrasal verbs?

Example 2:

The person in 2nd place is keeping up with 1st place

Meaning 2 = to be up to date (with something)

Example 1:

To keep up with the news

Example 2:

To keep up with the latest fashion

She likes to keep up with Paris fashion

2. To keep down

Meaning 1 = to keep small / to not allow to develop

Example 1:

We are trying to keep our expenses down

Example 2:

I always try to keep down my consumption of chocolate

Example 3:

I try to keep my weight down

3. To keep on (+ verb + gerund = "ing" form)

Meaning 1 = to continue

Example 1:

Keep on going!

Example 2:

We will keep on discussing this until we find a solution

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Exercise:

Create answers using the above phrasal verbs

Question 1: Do you like to keep up with political news?

Answer 1:

Question 2: Is it difficult to keep up with the constantly changing technology?

Answer 2:

Question 3: Name 1 thing that you are trying to keep down?

Answer 3:

Question 4: Name an activity that you had to keep on doing to get really good at?

Answer 4: