

# 4PhrasalVerbs

*Phrasal verbs that can be used with food.*

## cut down on

inseparable / transitive

to reduce the consumption of something, often food.

*"I'm going to cut down on chocolate."*

*"You should cut down on fizzy drinks, they contain so much sugar."*

## cut out

separable / transitive

to stop the consumption of something, often food, or to stop doing something.

*"I'm going to cut chocolate out of my diet!"*

*"You should cut out fizzy drinks, they contain so much sugar."*

## eat out

inseparable / intransitive

to have a meal outside of the home, especially in a restaurant.

*"It's your birthday, let's eat out tonight!"*

*"Oh, yes, we always eat out on Saturdays."*

## live on

inseparable / transitive

to eat a particular kind of food.

*"University students live on Ramen."*

*"I lived on sausages and chips when I was young."*

### YOU SHOULD LEARN PHRASAL VERBS BECAUSE...

1. They can often communicate complex ideas in a more concise way.
2. All native speakers use them, often without even realising it.
3. Using them will demonstrate a deeper understanding of English. But remember, only use them if you believe the person you are communicating with will understand them.
4. Most TV shows, movies, books, internet pages etc written by native speakers will use them, therefore, understanding them means you can enjoy the content more.

### WATCH VIDEO 003



**Visit [4PhrasalVerbs.com](https://4PhrasalVerbs.com) for weekly videos about phrasal verbs**  
**Do something every single day to improve your English!**