

# Phrasal Verbs-4

bottle up

dig up

freshen up

polish up

screw up

tighten up

# bottle up (feelings)

= suppress[sə'pres] feelings  
пресекать; сдерживать

I was very angry  
but I tried to bottle  
up my feelings.



# dig up

= discover обнаруживать, находить  
hidden information



The reporters were trying to dig up information about her.

**freshen up**

= освежиться wash and make  
yourself look more  
presentable [pri'zentəbl]  
приличный



The bathroom's upstairs if you'd like  
to freshen up.

# polish up

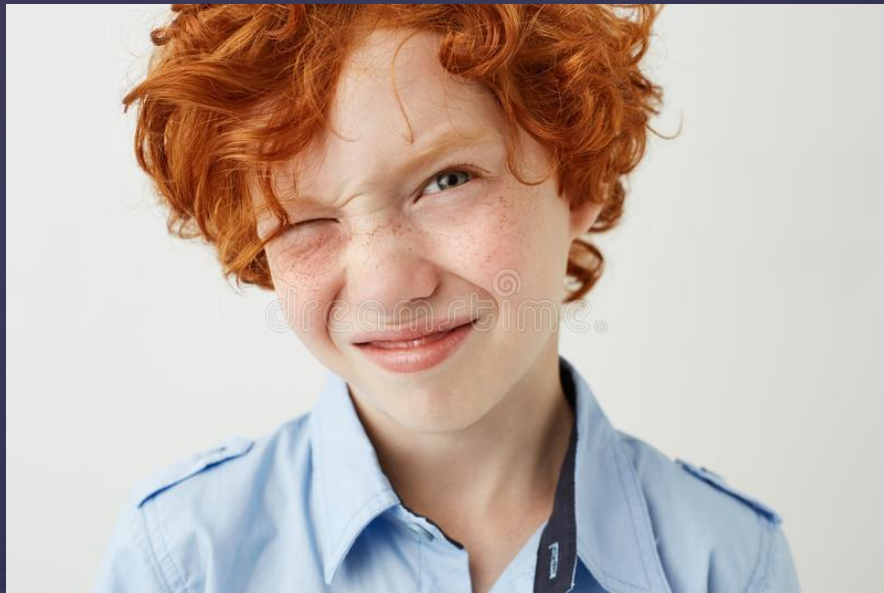
=improve улучшаться;  
совершенствоваться



I need to polish up my Spanish before my holiday.

**screw up  
your face**  
морщить (лицо)

= twist кривить your face to  
show disapproval неодобрение;  
осуждение, порицание



She screwed up her face in a look of intense сильный,  
глубокий disapproval. неодобрение

# tighten up (security)

⇒ усиливать/ужесточили меры безопасности.

make security [sɪ'kjʊərəti] безопасность stricter  
строже

Starting  
today,  
tighten up  
security.

С сегодняшнего дня,  
усилить охрану.



## 2 Now do the same with these verbs:

**bottle dig freshen polish screw tighten**

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1. The press are always looking for scandal. They're trying to .....information about his past.
2. You could tell that she wasn't happy about the news by the way she ..... her face in disapproval.
3. He hasn't spoken Spanish for ages so he wants to ..... it ..... before his holiday.
4. I can tell you're upset. Don't .....your feelings. It'll only make things worse.
5. That's the third break-in this month. We must ..... security to prevent any more.
6. Where's the ladies' room? I need to ..... before we go into the restaurant.