

Phrasal verbs con UP

UP no significa solamente arriba: también puede expresar completar, aumentar, preparar, aparecer o sostener una acción.

77

combinaciones

122

significados

34

rutas conectadas

Mapa de patrones

FUNCIÓN SEMÁNTICA	USOS
Completar, consumir y cerrar	16
Comunicar, aparecer y seguir	26
Preparar, dividir y conectar	34
Aumentar, mejorar y progresar	29
Apoyar, resistir y reaccionar	17



Escanea para abrir la página completa, seguir cada combinación hacia sus contextos y practicar con el quiz transversal.

01 · Completar, consumir y cerrar

16 usos diferenciados por significado.

book up

llenarse de reservas

unidad léxica · B1

- 1 The restaurant books up quickly on Fridays.
- 2 The private dining room is booked up for the whole weekend.

Conexión: 3 rutas · 1 sentido

ring up

cobrar o registrar la cuenta

unidad léxica · B1

- 1 The cashier rang up our order at the counter.
- 2 Could you ring these two desserts up separately?

Conexión: 1 ruta · 2 sentidos

settle up

saldar la cuenta

unidad léxica · B1

- 1 Let us settle up before we leave.
- 2 We settled up at the counter and left a tip in cash.

Conexión: 2 rutas · 1 sentido

clean up

limpiar

unidad léxica · B1

- 1 The kitchen team cleaned up after service.
- 2 Everyone stayed to clean up the dining room after the last table left.

Conexión: 3 rutas · 2 sentidos

wrap up

concluir

unidad léxica · B1

- 1 We wrapped up the meeting at noon.
- 2 Let us wrap the call up with clear owners and deadlines.

Conexión: 2 rutas · 1 sentido

finish up

terminar

unidad léxica · B1

- 1 Let us finish up the last exercise.
- 2 Finish your conclusion up, then check the citation format.

Conexión: 1 ruta · 1 sentido

count up

contar el total

unidad léxica · B1–B2

- 1 Count up the sealed cases before closing the cycle count.
- 2 We counted the remaining units up twice to verify the adjustment.

Conexión: 1 ruta · 1 sentido

clear up

resolver

unidad léxica · B1–B2

- 1 Operations cleared the documentation issue up before departure.
- 2 The broker cleared the classification question up with customs.

Conexión: 1 ruta · 2 sentidos

clear up

aclarar o resolver

unidad léxica · B1–B2

- 1 The agent cleared the confusion up with one concise explanation.
- 2 The revised invoice cleared the pricing question up.

Conexión: 1 ruta · 2 sentidos

sweep up

recoger barriendo

unidad léxica · B1

- 1 I swept the crumbs up after dinner.
- 2 Could you sweep the spilled soil up by the window?

Conexión: 1 ruta · 1 sentido

use up

terminar o agotar

unidad léxica · B1

- 1 We used the open carton of milk up before buying another.
- 2 This recipe uses the leftover rice up without wasting it.

Conexión: 1 ruta · 1 sentido

pack up

empacar

unidad léxica · B1–B2

- 1 The team packed the replacement parts up for export.
- 2 Pack the samples up with enough insulation for the journey.

Conexión: 2 rutas · 1 sentido

make up for

compensar

unidad léxica · B1–B2

- 1 We extended the subscription to make up for the downtime.
- 2 A priority replacement made up for the missed delivery window.

Conexión: 1 ruta · 1 sentido

clean up

limpiar u ordenar

unidad léxica · B1

- 1 We cleaned the living room up before the guests arrived.
- 2 Everyone helped clean the balcony up after the plants were moved.

Conexión: 1 ruta · 2 sentidos

fold up

doblar

unidad léxica · B1

- 1 Fold the dry towels up and place them on the shelf.
- 2 She folded the spare blanket up before storing it.

Conexión: 1 ruta · 1 sentido

ring up

registrar y cobrar

unidad léxica · B1

- 1 The cashier rang the two orders up separately.
- 2 Please ring the reusable bags up with the groceries.

Conexión: 1 ruta · 2 sentidos

02 · Comunicar, aparecer y seguir

26 usos diferenciados por significado.

show up

presentarse o llegar

unidad léxica · B1

- 1 Two guests showed up late.
- 2 If a guest does not show up, we hold the table for fifteen minutes.

Conexión: 1 ruta · 1 sentido

bring up

mencionar un tema

unidad léxica · B1

- 1 She brought up the budget during the meeting.
- 2 I would like to bring up one risk before we approve the plan.

Conexión: 1 ruta · 4 sentidos

speak up

hablar con más fuerza

unidad léxica · B1

- 1 Please speak up if you disagree.
- 2 Junior analysts are encouraged to speak up when something looks wrong.

Conexión: 1 ruta · 3 sentidos

follow up

dar seguimiento

unidad léxica · B1

- 1 I will follow up with the client tomorrow.
- 2 Please follow up on the three actions from yesterday's meeting.

Conexión: 9 rutas · 2 sentidos

pick up

recoger

unidad léxica · B1

- 1 The shuttle picked us up at the hotel.
- 2 A local guide picked us up outside the cruise terminal.

Conexión: 2 rutas · 4 sentidos

speak up

hablar más fuerte

unidad léxica · B1

- 1 Could you speak up from the back row?
- 2 If you speak up, everyone in the lecture hall will hear your answer.

Conexión: 1 ruta · 3 sentidos

bring up

poner en funcionamiento

unidad léxica · B1–B2

- 1 Bring the service up after the migration.
- 2 The health check brings the replacement instance up automatically.

Conexión: 1 ruta · 4 sentidos

come up with

idear

unidad léxica · B1–B2

- 1 The team came up with three headlines.
- 2 We came up with a stronger call to action during the workshop.

Conexión: 2 rutas · 1 sentido

bring up

mencionar

unidad léxica · B1

- 1 Bring up any new symptoms during the consultation.
- 2 She brought her concerns about the side effects up with the pharmacist.

Conexión: 3 rutas · 4 sentidos

pick up

detectar

unidad léxica · B1–B2

- 1 The review picked up two control gaps.
- 2 Our automated test picked several unusual weekend transactions up.

Conexión: 1 ruta · 4 sentidos

bring up

plantear

unidad léxica · B1–B2

- 1 The judge brought up a jurisdictional issue.
- 2 Counsel brought the limitation period up at the first meeting.

Conexión: 2 rutas · 4 sentidos

sign up

contratar o registrarse

unidad léxica · B1–B2

- 1 The customer signed up for the annual plan.
- 2 Three regional offices signed up after the pilot.

Conexión: 1 ruta · 2 sentidos

flag up

señalar una alerta

unidad léxica · B1–B2

- 1 The monitoring system flagged up the unusual transfer.
- 2 A change in device location flagged up the session for review.

Conexión: 2 rutas · 1 sentido

keep up with

mantenerse al día con

unidad léxica · B1–B2

- 1 The compliance team keeps up with changing import rules.
- 2 Exporters must keep up with new labelling requirements.

Conexión: 1 ruta · 1 sentido

pick up

tomar una tarea

unidad léxica · B1–B2

- 1 I can pick up that ticket tomorrow.
- 2 Who can pick the accessibility bug up in the next sprint?

Conexión: 1 ruta · 4 sentidos

sign up

registrarse

unidad léxica · B1–B2

- 1 More than a thousand users signed up.
- 2 Visitors can sign up for the newsletter without creating an account.

Conexión: 1 ruta · 2 sentidos

follow up

hacer seguimiento

unidad léxica · B1

- 1 We will follow up with another blood test.
- 2 The clinic followed up a week later to ask about her recovery.

Conexión: 2 rutas · 2 sentidos

send up

enviar a una habitación

unidad léxica · B1–B2

- 1 Room service sent breakfast up at seven.
- 2 Could you send two extra blankets up to room 814?

Conexión: 1 ruta · 1 sentido

size up

evaluar rápidamente

unidad léxica · B1–B2

- 1 She sized the opportunity up before requesting a discovery call.
- 2 The manager sized the account up using its expansion plans and timing.

Conexión: 1 ruta · 1 sentido

sign up for

solicitar o contratar

unidad léxica · B1–B2

- 1 The customer signed up for paperless statements.
- 2 Small businesses can sign up for transaction alerts online.

Conexión: 1 ruta · 2 sentidos

sign up for

contratar o inscribirse

unidad léxica · B1–B2

- 1 The business signed up for automatic policy renewal.
- 2 Several customers signed up for electronic policy documents.

Conexión: 1 ruta · 2 sentidos

pick up

recoger una compra

unidad léxica · B1

- 1 You can pick the online order up after four.
- 2 I picked the repaired watch up on my way home.

Conexión: 1 ruta · 4 sentidos

meet up

reunirse

unidad léxica · B1–B2

- 1 We met up for coffee after work.
 - 2 Let us meet up somewhere quiet and talk properly.
- Conexión: 1 ruta · 1 sentido

open up

abrirse emocionalmente

unidad léxica · B1–B2

- 1 He opened up after we had spoken for a while.
 - 2 She finds it easier to open up during a walk.
- Conexión: 1 ruta · 2 sentidos

speak up

expresar lo que se piensa

unidad léxica · B1–B2

- 1 You should speak up if the joke makes you uncomfortable.
 - 2 He spoke up when the group ignored her point.
- Conexión: 1 ruta · 3 sentidos

open up

abrirse

unidad léxica · B1–B2

- 1 He opened up about why the change worried him.
 - 2 She opened up to a trusted friend after the move.
- Conexión: 1 ruta · 2 sentidos

03 · Preparar, dividir y conectar

34 usos diferenciados por significado.

chop up

cortar en trozos

unidad léxica · B1

- 1 Chop up the onions before heating the pan.
 - 2 The prep cook chopped the parsley up just before service.
- Conexión: 1 ruta · 1 sentido

cut up

cortar en porciones

unidad léxica · B1

- 1 The chef cut up the chicken for the stew.
 - 2 Could you cut the limes up into thin wedges?
- Conexión: 1 ruta · 1 sentido

fry up

freír una preparación

unidad léxica · B1

- 1 The cook fried up some vegetables.
 - 2 They fried up a fresh batch of plantain chips for our table.
- Conexión: 1 ruta · 1 sentido

set up

organizar

unidad léxica · B1

- 1 I set up a call for Thursday.
 - 2 Nadia set a short review meeting up for Monday morning.
- Conexión: 1 ruta · 8 sentidos

set up

instalar y configurar

unidad léxica · B1–B2

- 1 Set up the development environment first.
 - 2 The README explains how to set the project up on a new machine.
- Conexión: 1 ruta · 8 sentidos

spin up

crear o iniciar rápidamente

unidad léxica · B1–B2

- 1 We spun up a test server.
 - 2 The pipeline spins a clean preview environment up for every pull request.
- Conexión: 1 ruta · 1 sentido

hook up

conectar sistemas

unidad léxica · B1–B2

- 1 Hook the form up to the backend.
 - 2 The adapter hooks the payment provider up to our checkout flow.
- Conexión: 1 ruta · 2 sentidos

draw up

redactar

unidad léxica · B1–B2

- 1 We drew up a content calendar.
 - 2 The agency drew a launch brief up for every regional team.
- Conexión: 5 rutas · 4 sentidos

stock up on

abastecerse de

unidad léxica · B1–B2

- 1 Housekeeping stocked up on towels before the holiday weekend.
 - 2 We need to stock up on toiletries before the conference begins.
- Conexión: 2 rutas · 1 sentido

line up

coordinar o asegurar

unidad léxica · B1–B2

- 1 Procurement lined up two backup carriers.
 - 2 We have lined up a refrigerated vehicle for tomorrow morning.
- Conexión: 1 ruta · 3 sentidos

load up

cargar

unidad léxica · B1–B2

- 1 They loaded the last pallets up before the dock closed.
 - 2 Forklift operators loaded the outbound trailer up by route sequence.
- Conexión: 2 rutas · 1 sentido

set up

programar

unidad léxica · B1–B2

- 1 The coordinator set up a panel interview for Tuesday.
 - 2 I set a brief preparation call up with every interviewer.
- Conexión: 1 ruta · 8 sentidos

draw up

redactar o dibujar

unidad léxica · B1–B2

- 1 The engineer drew up the revised drainage plan.
- 2 The design team drew a temporary-works detail up for approval.

Conexión: 1 ruta · 4 sentidos

hook up

conectar

unidad léxica · B1–B2

- 1 A technician hooked the temporary power supply up.
- 2 We hooked the drainage pump up before the rain started.

Conexión: 4 rutas · 2 sentidos

draw up

redactar o elaborar

unidad léxica · B1–B2

- 1 The civil team drew up revised drainage plans.
- 2 We drew the cable-routing diagram up before the design review.

Conexión: 1 ruta · 4 sentidos

set up

montar o configurar

unidad léxica · B1–B2

- 1 The crew set up the test rig in the workshop.
- 2 Set the data-acquisition unit up before connecting the sensors.

Conexión: 1 ruta · 8 sentidos

draw up

elaborar

unidad léxica · B1–B2

- 1 Consultants drew up the preliminary energy plan.
- 2 Engineers drew an updated single-line diagram up.

Conexión: 1 ruta · 4 sentidos

start up

poner en marcha

unidad léxica · B1–B2

- 1 Operators started the backup generator up before the test.
- 2 The control room started the second unit up remotely.

Conexión: 1 ruta · 1 sentido

break up

desmenuzar

unidad léxica · B1–B2

- 1 The cultivator breaks compacted soil up before planting.
- 2 Rain and organic matter help break heavy soil up.

Conexión: 1 ruta · 1 sentido

hang up

colgar

unidad léxica · B1

- 1 Hang your coat up in the hall.
- 2 I hung the clean apron up beside the pantry.

Conexión: 1 ruta · 1 sentido

line up

formarse o alinearse

unidad léxica · B1

- 1 The players lined up for the team photograph.
- 2 Both teams lined up beside the tunnel before kickoff.

Conexión: 1 ruta · 3 sentidos

set up

montar

unidad léxica · B1–B2

- 1 The crew set up the temporary site office.
- 2 A specialist crew set the tower crane up over three days.

Conexión: 1 ruta · 8 sentidos

set up

configurar

unidad léxica · B1–B2

- 1 The advisor set up a recurring transfer for the client.
- 2 We set mobile access up before the customer left the branch.

Conexión: 1 ruta · 8 sentidos

mock up

crear una maqueta

unidad léxica · B1–B2

- 1 The designer mocked up the enclosure before machining it.
- 2 They mocked the control-panel layout up at full scale.

Conexión: 1 ruta · 1 sentido

line up

alinear

unidad léxica · B1–B2

- 1 The technician lined the two shafts up before coupling them.
- 2 Alignment pins line the housing sections up accurately.

Conexión: 1 ruta · 3 sentidos

set up

instalar o configurar

unidad léxica · B1–B2

- 1 The technicians set up a temporary monitoring station.
- 2 We set the weather sensors up beside the array.

Conexión: 1 ruta · 8 sentidos

dig up

desenterrar

unidad léxica · B1–B2

- 1 Workers dug the damaged irrigation line up.
- 2 The team dug several roots up to inspect them for disease.

Conexión: 1 ruta · 1 sentido

set up

instalar

unidad léxica · B1–B2

- 1 They set up drip irrigation in the newest field.
- 2 The cooperative set up a moisture-monitoring network.

Conexión: 1 ruta · 8 sentidos

gear up

prepararse

unidad léxica · B1

- 1 The cyclists are gearing up for the mountain stage.
- 2 Fans are gearing up for the championship final.

Conexión: 1 ruta · 1 sentido

take up

empezar una actividad

separable · B1

- 1 She took up running last year.
- 2 I want to take photography up as a hobby.

Conexión: 1 ruta · 2 sentidos

take up

ocupar tiempo o espacio

separable · B1

- 1 The meeting took up the whole morning.
 - 2 These archives take up too much storage space.
- Conexión: 1 ruta · 2 sentidos

put up

colocar o exhibir

separable · A2

- 1 They put up a new sign.
 - 2 We put the event schedule up near the entrance.
- Conexión: 1 ruta · 3 sentidos

put up

alojar a alguien

separable · B1

- 1 My cousin put us up for the weekend.
 - 2 The university can put visiting researchers up nearby.
- Conexión: 1 ruta · 3 sentidos

put up

subir un precio

separable · B1

- 1 The landlord put the rent up again.
 - 2 The supplier put its prices up by five percent.
- Conexión: 1 ruta · 3 sentidos

04 · Aumentar, mejorar y progresar

29 usos diferenciados por significado.

warm up

calentar

unidad léxica · B1

- 1 Warm the sauce up before service.
 - 2 We warmed the bread up while the guests chose their drinks.
- Conexión: 3 rutas · 1 sentido

top up

rellenar

unidad léxica · B1

- 1 Could you top up our water glasses?
 - 2 The waiter topped my coffee up without interrupting the conversation.
- Conexión: 1 ruta · 1 sentido

move up

ascender

unidad léxica · B1

- 1 She moved up to a senior role.
 - 2 After two strong reviews, he moved up into management.
- Conexión: 2 rutas · 1 sentido

look up

consultar información

separable · B1

- 1 Look up the visa requirements before booking.
 - 2 I looked the last train times up before choosing our hotel.
- Conexión: 3 rutas · 4 sentidos

catch up

ponerse al día

unidad léxica · B1

- 1 I need to catch up after missing two lessons.
 - 2 The recorded lectures helped me catch up before the midterm.
- Conexión: 1 ruta · 2 sentidos

look up

buscar información

unidad léxica · B1

- 1 Look up the term in a reliable dictionary.
 - 2 She looked the unfamiliar expression up in a learner's dictionary.
- Conexión: 1 ruta · 4 sentidos

brush up on

repasar para mejorar

unidad léxica · B1

- 1 I am brushing up on irregular verbs.
 - 2 He brushed up on basic statistics before starting the research course.
- Conexión: 1 ruta · 1 sentido

build up

desarrollar gradualmente

unidad léxica · B1–B2

- 1 We are building up awareness before launch.
 - 2 Useful tutorials helped the company build trust up over time.
- Conexión: 1 ruta · 6 sentidos

scale up

aumentar la escala

unidad léxica · B1–B2

- 1 We scaled up spending after the test succeeded.
 - 2 If acquisition costs remain stable, we can scale the campaign up.
- Conexión: 1 ruta · 2 sentidos

heal up

cicatrizar

unidad léxica · B1

- 1 The wound is healing up well.
 - 2 Keep the area clean while the incision heals up.
- Conexión: 1 ruta · 1 sentido

build up

recuperar gradualmente

unidad léxica · B1

- 1 She is building up her strength again.
 - 2 Physical therapy is helping him build his endurance up.
- Conexión: 2 rutas · 6 sentidos

look up

buscar una reserva

unidad léxica · B1–B2

- 1 I will look up your reservation by surname.
 - 2 She looked the booking up using the confirmation number.
- Conexión: 1 ruta · 4 sentidos

freshen up

asearse o refrescarse

unidad léxica · B1–B2

- 1 You can freshen up in the spa changing room.
 - 2 Early arrivals may freshen up before their rooms are ready.
- Conexión: 1 ruta · 1 sentido

build up

acumular

unidad léxica · B1–B2

- 1 Excess inventory built up after demand slowed.
 - 2 Returned products built up in the inspection area over the weekend.
- Conexión: 1 ruta · 6 sentidos

build up

construir por capas

unidad léxica · B1–B2

- 1 Build the base course up in compacted layers.
 - 2 The mason built the low section up to match the finished level.
- Conexión: 1 ruta · 6 sentidos

scale up

ampliar la escala

unidad léxica · B1–B2

- 1 Process engineers scaled the pilot system up carefully.
 - 2 The manufacturer scaled up without changing the critical tolerances.
- Conexión: 1 ruta · 2 sentidos

ramp up

aumentar gradualmente

unidad léxica · B1–B2

- 1 The plant ramped production up as demand increased.
 - 2 Operators ramp output up gradually to protect the equipment.
- Conexión: 1 ruta · 1 sentido

build up

aumentar gradualmente

unidad léxica · B1–B2

- 1 Cover crops build organic matter up in the soil.
 - 2 Compost applications build soil structure up over time.
- Conexión: 2 rutas · 6 sentidos

go up

subir de precio

unidad léxica · B1

- 1 Delivery fees went up at the start of the month.
 - 2 The price of imported olive oil has gone up again.
- Conexión: 1 ruta · 2 sentidos

cheer up

animarse

unidad léxica · B1–B2

- 1 A message from an old friend cheered me up.
 - 2 The surprise visit cheered everyone up.
- Conexión: 1 ruta · 1 sentido

build up

fortalecer gradualmente

unidad léxica · B1–B2

- 1 Small successes helped her build her confidence up.
 - 2 Regular practice built his confidence up before the interview.
- Conexión: 1 ruta · 6 sentidos

loosen up

soltar o relajar los músculos

unidad léxica · B1

- 1 Use gentle movements to loosen your shoulders up.
 - 2 The goalkeeper loosened her wrists up before training.
- Conexión: 1 ruta · 1 sentido

keep up

mantener el ritmo

unidad léxica · B1

- 1 She kept up with the faster group for the whole session.
 - 2 I could not keep up on the steepest part of the route.
- Conexión: 1 ruta · 1 sentido

step up

aumentar el esfuerzo

unidad léxica · B1

- 1 The squad stepped the intensity up before the tournament.
 - 2 The captain asked everyone to step up during the final quarter.
- Conexión: 1 ruta · 1 sentido

catch up

alcanzar

unidad léxica · B1

- 1 He caught up with the leading runner near the finish.
 - 2 The chasing group caught up during the final kilometer.
- Conexión: 1 ruta · 2 sentidos

look up

mejorar

intransitivo · B2

- 1 Things are finally looking up for the business.
 - 2 After a slow start, the project began to look up.
- Conexión: 1 ruta · 4 sentidos

go up

aumentar

intransitivo · A2

- 1 Fuel prices went up again.
 - 2 Attendance usually goes up after the first week.
- Conexión: 1 ruta · 2 sentidos

work up

desarrollar gradualmente

separable · B2

- 1 The walk worked up my appetite.
 - 2 She worked up the courage to ask for feedback.
- Conexión: 1 ruta · 1 sentido

work up to

avanzar gradualmente hacia

inseparable · B2

- 1 Start with ten minutes and work up to half an hour.
 - 2 The course works up to a full simulated interview.
- Conexión: 1 ruta · 1 sentido

05 · Apoyar, resistir y reaccionar

17 usos diferenciados por significado.

back up

respaldar

unidad léxica · B1

- 1 Thanks for backing me up in the meeting.
 - 2 The data in the report backs our recommendation up.
- Conexión: 2 rutas · 3 sentidos

hold up

retrasar

unidad léxica · B1

- 1 A storm held up several flights.
 - 2 A technical inspection held our departure up for nearly an hour.
- Conexión: 4 rutas · 2 sentidos

give up

rendirse

unidad léxica · B1

- 1 Do not give up after one difficult question.
 - 2 She did not give up, even after failing the first practice test.
- Conexión: 1 ruta · 1 sentido

throw up

vomitar

unidad léxica · B1

- 1 The patient had been throwing up all night.
 - 2 Call the clinic if the child keeps throwing up and cannot drink fluids.
- Conexión: 2 rutas · 1 sentido

flare up

reaparecer o empeorar

unidad léxica · B1

- 1 Her allergies flare up in spring.
 - 2 His eczema flared up after he changed laundry detergent.
- Conexión: 2 rutas · 1 sentido

back up

respaldar con evidencia

unidad léxica · B1–B2

- 1 Invoices back up the reported amount.
 - 2 Signed contracts back the revenue recognition decision up.
- Conexión: 2 rutas · 3 sentidos

hold up

demorar

unidad léxica · B1–B2

- 1 A disclosure dispute held the proceedings up for several weeks.
 - 2 The missing disclosure held the closing up until Monday.
- Conexión: 1 ruta · 2 sentidos

shore up

apuntalar

unidad léxica · B1–B2

- 1 The crew shored the trench walls up.
 - 2 Temporary steel frames shore the existing facade up.
- Conexión: 1 ruta · 1 sentido

stay up

quedarse despierto

unidad léxica · B1

- 1 We stayed up to finish assembling the shelves.
 - 2 The neighbors stayed up late to finish painting the hallway.
- Conexión: 1 ruta · 1 sentido

stand up for

defender

unidad léxica · B1–B2

- 1 He stood up for his friend when the criticism became unfair.
 - 2 She always stands up for people who are left out.
- Conexión: 1 ruta · 1 sentido

stick up for

salir en defensa de

unidad léxica · B1–B2

- 1 Thank you for sticking up for me in that conversation.
 - 2 His colleague stuck up for him when the rumor spread.
- Conexión: 1 ruta · 1 sentido

make up

reconciliarse

unidad léxica · B1–B2

- 1 They made up after an honest conversation.
 - 2 The brothers made up before the family celebration.
- Conexión: 1 ruta · 1 sentido

bottle up

reprimir

unidad léxica · B1–B2

- 1 Bottling frustration up usually makes the conversation harder.
 - 2 He bottled his worries up until he could no longer concentrate.
- Conexión: 1 ruta · 1 sentido

back up

apoyar o cubrir

unidad léxica · B1

- 1 The second defender backed her teammate up.
 - 2 Midfielders must back the defense up when possession is lost.
- Conexión: 1 ruta · 3 sentidos

get up

levantarse

intransitivo · A1

- 1 I get up at six on weekdays.
 - 2 We got up early to catch the first train.
- Conexión: 1 ruta · 1 sentido

put up with

tolerar

inseparable · B1

- 1 I will not put up with rude behavior.
 - 2 Staff should not have to put up with unsafe conditions.
- Conexión: 1 ruta · 1 sentido

look up to

admirar

inseparable · B1

1 Many students look up to their coach.

2 I have always looked up to my older sister.

Conexión: 1 ruta · 1 sentido

Práctica transversal

Doce preguntas repartidas entre los patrones. Las respuestas distinguen el significado, no solo la partícula.

1. ¿Qué expresión significa **llenarse de reservas**?

A. show up B. chop up C. cut up D. book up

2. Identifica el phrasal verb y explica su sentido:

Two guests showed up late.

3. Escribe la expresión que significa **cortar en trozos**.

4. ¿Qué expresión significa **calentar**?

A. warm up B. book up C. show up D. chop up

5. Identifica el phrasal verb y explica su sentido:

The data in the report backs our recommendation up.

6. Escribe la expresión que significa **cobrar o registrar la cuenta**.

7. ¿Qué expresión significa **mencionar un tema**?

A. chop up B. bring up C. book up D. show up

8. Identifica el phrasal verb y explica su sentido:

The chef cut up the chicken for the stew.

9. Escribe la expresión que significa **rellenar**.

10. ¿Qué expresión significa **retrasar**?

A. show up B. chop up C. hold up D. book up

11. Identifica el phrasal verb y explica su sentido:

We settled up at the counter and left a tip in cash.

12. Escribe la expresión que significa **hablar con más fuerza**.

Soluciones: 1. book up - llenarse de reservas · 2. show up - presentarse o llegar · 3. chop up - cortar en trozos · 4. warm up - calentar · 5. back up - respaldar · 6. ring up - cobrar o registrar la cuenta · 7. bring up - mencionar un tema · 8. cut up - cortar en porciones · 9. top up - rellenar · 10. hold up - retrasar · 11. settle up - saldar la cuenta · 12. speak up - hablar con más fuerza

Producción guiada

1 Escribe una frase personal con **book up**.

2 Convierte al pasado: *Two guests showed up late.*

3 Formula una pregunta con **chop up**.

4 Crea otro contexto para **warm up**.

5 Escribe un mini diálogo con **back up**.

6 Contrasta **ring up** con otra combinación.

7 Reescribe en negativo: *She brought up the budget during the meeting.*

8 Relaciona **cut up** con una situación real.
