

Idioms and Everyday Expressions

Vocabulary Lesson, Examples & Practice Questions

Idioms and Everyday Expressions in English

Have you ever heard a native English speaker say something like *"I'm feeling under the weather today"* or *"Let's keep our fingers crossed!"* and wondered what on earth they meant? These are **idioms** — fixed phrases whose meanings are different from the individual words used. Idioms and everyday expressions are a huge part of natural, spoken English, and learning them will help you sound more fluent and understand real conversations much more easily.

At B1 level, you are ready to start using common idioms confidently. In this lesson, you will learn the most useful everyday idioms, grouped by theme, so you can recognise them in context and use them naturally yourself.

Mini Situation: A Busy Monday Morning

Read this short conversation between two colleagues, Anna and Ben, at work:

Anna: "Morning, Ben! How are you?"

Ben: "Honestly, I'm **under the weather**. I didn't sleep well."

Anna: "Oh no! Well, **hang in there**. The weekend is only five days away!"

Ben: "Ha! That's easier said than done. By the way, did you finish the report?"

Anna: "Not yet. I **ran out of time** yesterday. I'll finish it **first thing** this morning."

Ben: "Good luck. Let me know if you need a **hand**."

Notice how many idioms appeared in just a short conversation! Let's break them all down now.

Key Vocabulary and Meaning Breakdown

1. Idioms About Feelings and Health

Word / Phrase	Part of Speech and Meaning	Example Sentence	Collocations / Notes
under the weather	idiom (adjective phrase) — feeling slightly ill or not well	I'm feeling a bit under the weather , so I'm going to stay home today.	Often used with <i>feel</i> or <i>be</i> : <i>feel under the weather</i> / <i>be under the weather</i> . It is NOT used for serious illness.
on top of the world	idiom (adjective phrase) — feeling extremely happy and full of energy	After passing her exam, she felt on top of the world .	Use with <i>feel</i> or <i>be</i> . The opposite is <i>under the weather</i> or <i>feeling low</i> .

Word / Phrase	Part of Speech and Meaning	Example Sentence	Collocations / Notes
down in the dumps	idiom (adjective phrase) — feeling sad or depressed	He's been down in the dumps since he lost his job.	Similar to <i>feeling blue</i> . Informal. Used in everyday spoken English.
have butterflies (in your stomach)	idiom (verb phrase) — to feel nervous or anxious about something	I always have butterflies in my stomach before a job interview.	Often shortened to " <i>I've got butterflies</i> ." Common before exams, performances, or first dates.
keep your chin up	idiom (imperative phrase) — to stay positive during a difficult time	" Keep your chin up ," said her mum. "Things will get better soon."	Used to encourage someone. Similar to <i>hang in there</i> . Always used as advice to someone else.

2. Idioms About Time and Effort

Word / Phrase	Part of Speech and Meaning	Example Sentence	Collocations / Notes
run out of time	phrasal verb idiom — to have no more time left to do something	We ran out of time before we could finish the presentation.	Also: <i>run out of money / ideas / patience</i> . The structure is <i>run out of + noun</i> .
first thing (in the morning)	adverb phrase — at the very beginning of the day, before anything else	I'll send you the document first thing tomorrow morning.	Very common in work and everyday English. Means "as soon as possible at the start of the day."
at the last minute	adverb phrase — at the very latest possible moment	He always leaves things until the last minute and then panics.	Also: <i>last-minute (adjective) — a last-minute decision</i> . Common in both formal and informal English.
in no time	adverb phrase — very quickly; sooner than expected	Don't worry, the doctor will see you in no time .	Similar to <i>very soon</i> or <i>before you know it</i> . Positive and reassuring tone.
take your time	verb phrase — to do something slowly and without rushing	There's no hurry — take your time and read the instructions carefully.	Often used as a polite instruction. The opposite is <i>hurry up</i> .

3. Idioms About Help, Difficulty, and Effort

Word / Phrase	Part of Speech and Meaning	Example Sentence	Collocations / Notes
give someone a hand	idiom (verb phrase) — to help someone with something	Could you give me a hand moving this heavy table?	Very common in spoken British English. A <i>hand</i> here means "help," not a body part!
hang in there	idiom (imperative phrase) — to keep trying and not give up in a difficult situation	" Hang in there, " she said. "The exam is almost over."	Used to encourage someone. Similar to <i>keep your chin up</i> but focuses more on perseverance.
easier said than done	idiom (adjective phrase) — something that sounds simple but is actually difficult to do	"Just forget about your worries." "That's easier said than done! "	Usually used as a response when someone gives advice that sounds too simple. Fixed expression — do not change the word order.
go the extra mile	idiom (verb phrase) — to make more effort than is expected or required	She always goes the extra mile for her customers.	Common in work contexts. Very positive — shows dedication and hard work.
bite off more than you can chew	idiom (verb phrase) — to try to do more than you are able to manage	He signed up for five evening courses at once and bit off more than he could chew .	Often used in past tense to reflect on a mistake. Can be used as a warning: " <i>Don't bite off more than you can chew.</i> "

4. Idioms for Everyday Communication

Word / Phrase	Part of Speech and Meaning	Example Sentence	Collocations / Notes
keep your fingers crossed	idiom (verb phrase) — to hope that something good will happen	I've applied for the job. Keep your fingers crossed for me!	Also said as: " <i>I'm keeping my fingers crossed.</i> " People sometimes literally cross their fingers as a gesture of good luck.
get the hang of something	idiom (verb phrase) — to learn how to do something and begin to feel comfortable with it	It took me a week, but I finally got the hang of using the new software.	Very common with learning new skills or technology. Use with <i>get</i> (present) or <i>got</i> (past).
on second thoughts	adverb phrase — used when you change your mind about something	I was going to order pizza, but on second thoughts , I'll have pasta.	British English spelling: <i>thoughts</i> . American English: <i>on second thought</i> . Signals a change of decision.

Word / Phrase	Part of Speech and Meaning	Example Sentence	Collocations / Notes
by the way	adverb phrase — used to introduce a new topic or piece of information that is slightly separate from what was being discussed	By the way , did you hear about the new café that opened on the high street?	Very common in spoken English. Usually placed at the start of a sentence or clause. Informal but polite.
it's not the end of the world	idiom (phrase) — used to say that a bad situation is not as serious as it might seem	You failed the test, but it's not the end of the world . You can retake it next month.	Reassuring and comforting. Used to put a problem in perspective. Often followed by a positive suggestion.

Collocations and Useful Expressions

Idioms often appear with specific verbs or in particular situations. Here are some common patterns to remember:

feel + under the weather / on top of the world / down in the dumps

She felt **under the weather** after walking in the rain for an hour.

give + someone + a hand

Can you **give me a hand** carrying these bags upstairs?

get + the hang of + something

Once you **get the hang of** driving, it becomes automatic.

keep + fingers crossed / chin up

I'm keeping my **fingers crossed** that it doesn't rain on Saturday.

Keep your chin up — you'll find a new job soon.

run out of + time / money / patience / ideas

We **ran out of** ideas and decided to take a break.

go + the extra mile (for someone / to do something)

The hotel staff really **went the extra mile** to make our stay special.

bite off + more than you can chew

Don't **bite off more than you can chew** — start with just one new project.

on second thoughts / by the way / first thing

By the way, I forgot to tell you — the meeting has been moved to Thursday.

On second thoughts, let's meet at 10 rather than 9.

I'll call you back **first thing** in the morning.

Important Differences and Confusing Expressions

Keep Your Chin Up vs. Hang In There

Both expressions are used to encourage someone who is having a difficult time, but there is a small difference in focus:

- **Keep your chin up** focuses on staying *positive and hopeful*. It is often used when someone feels sad or disappointed.
- **Hang in there** focuses on *continuing to try* and not giving up. It is used when someone is in the middle of a difficult or challenging situation.

"I know you didn't get the promotion. **Keep your chin up** — there will be other opportunities." (comforting someone who is upset)

"The project is almost finished. **Hang in there** — just two more days to go." (encouraging someone to keep going)

By the Way vs. On Second Thoughts

- **By the way** is used to introduce a *new, separate piece of information* into the conversation. You are NOT changing your mind — you are just adding something new.
- **On second thoughts** is used when you *change your mind* about something you already said or decided.

"**By the way**, I saw your sister at the supermarket yesterday." (introducing new information)

"I'll have the chicken. **On second thoughts**, I'll go for the fish." (changing a decision)

Give Someone a Hand vs. Have a Hand In Something

These two expressions both use the word *hand*, but they mean very different things:

- **Give someone a hand** = to *help* someone
- **Have a hand in something** = to be *involved* in something, especially something negative

"Could you **give me a hand** with dinner?" (help me)

"It is believed he **had a hand in** the robbery." (was involved in it)

Under the Weather vs. Feeling Low

- **Under the weather** specifically means feeling physically *unwell or slightly ill* (like a cold or headache).
- **Feeling low** means feeling *emotionally sad or down*, not physically ill.

"I'm a bit **under the weather** — I think I'm getting a cold." (physical illness)

"She's been **feeling low** since her best friend moved abroad." (emotional sadness)

Common Mistakes

✗ I am feeling under the weather because I am sad.

✓ I am feeling down in the dumps because I am sad. — *Under the weather* describes physical illness, not emotional sadness. Use *down in the dumps* or *feeling low* for sadness.

✗ She gave me a hand in the photo.

✓ She gave me a hand with the project. — *Give someone a hand* means to help. It is followed by *with + noun*, not a place or object.

✗ By the way, I changed my mind — I'll have coffee instead of tea.

✓ **On second thoughts, I'll have coffee instead of tea.** — Use *on second thoughts* when changing your mind. *By the way* introduces a new, unrelated topic.

✗ I finally got the hang for the new app.

✓ **I finally got the hang of the new app.** — The correct preposition is *of*, not *for*. Always say *get the hang of something*.

✗ Keep your fingers crossed your fingers for me!

✓ **Keep your fingers crossed for me!** — Do not repeat *your fingers*. The full phrase is simply *keep your fingers crossed (for someone)*.

✗ He always does things in the last minute.

✓ **He always does things at the last minute.** — The correct preposition is *at*, not *in*. Always say *at the last minute*.

✗ Don't worry — it's not the end of world.

✓ **Don't worry — it's not the end of the world.** — Remember to include the article *the* before *world*. This is a fixed expression and must not be changed.

Idioms and Everyday Expressions: Quick Summary and Review

In this lesson, you have explored some of the most common and useful **idioms and everyday expressions** in English. Here is a quick summary of the key groups you have studied:

- **Feelings and health:** *under the weather, on top of the world, down in the dumps, have butterflies, keep your chin up*
- **Time and effort:** *run out of time, first thing, at the last minute, in no time, take your time*
- **Help and difficulty:** *give someone a hand, hang in there, easier said than done, go the extra mile, bite off more than you can chew*
- **Everyday communication:** *keep your fingers crossed, get the hang of, on second thoughts, by the way, it's not the end of the world*

Remember, the key to learning idioms is to **notice them in context** — when you read, watch films, or listen to conversations in English. Try to use one new idiom each day in a sentence of your own. The more you practise, the more natural they will start to feel.

Also remember these important rules:

- Most idioms are **fixed expressions** — do not change the word order or swap words.
- Be careful with **prepositions**: *get the hang of, at the last minute, give a hand with*.
- Pay attention to whether an idiom describes a physical feeling or an emotional one.
- Many idioms are used mainly in **informal, spoken English** — use them in conversations, not in formal writing.

Now practise **idioms and everyday expressions** vocabulary in the exercises below.

Idioms and Everyday Expressions – Practice Test

B1 | Practice Exercises: Multiple Choice, Fill-in-the-Gap, Fill-in-the-Blank, Matrix Matching & Sorting

Part 1: Multiple Choice (Questions 1–10)

1 My boss always says I need to 'think outside the box.' What does this expression mean?

- A** Work inside a small office
- B** Think in a creative and original way
- C** Follow the rules carefully
- D** Read the instructions again

2 She said the exam was 'a piece of cake.' What does she mean?

- A** The exam had a food section
- B** The exam was very difficult
- C** The exam was very easy
- D** The exam was about cooking

3 When someone says 'it's raining cats and dogs,' what do they mean?

- A** Animals are falling from the sky
- B** It is raining very heavily
- C** The weather is very cold
- D** It will rain later today

4 My friend told me to 'break a leg' before my presentation. What was she telling me?

- A** To be careful not to fall
- B** To practise more before the event
- C** To good luck and do well
- D** To stop and take a rest

5 He said the project was 'back to square one.' What happened to the project?

- A** It was nearly finished
- B** They had to start again from the beginning
- C** They moved it to a different office
- D** It was successfully completed

6 The teacher said, 'Let's call it a day.' What does she want to do?

- A** Name the day of the week
- B** Start a new activity
- C** Stop working and finish for now
- D** Check the date on the calendar

7 My colleague said the new plan was 'on the right track.' What does this mean?

- A** The plan is travelling by train
- B** The plan is developing correctly
- C** The plan needs more research
- D** The plan is too complicated

8 She told me the solution was 'right under my nose.' What does she mean?

- A** The solution was very far away
- B** The solution was obvious and very close
- C** The solution smelled strange
- D** The solution was written on her face

9 When someone says they will do something 'in the long run,' what do they mean?

- A** While running a marathon
- B** Very quickly without thinking
- C** After a long period of time
- D** Only once and never again

10 My friend said she was 'feeling under the weather.' What does this expression mean?

- A** She is standing outside in the rain
- B** She is feeling a little ill or unwell
- C** She is nervous about the weather
- D** She is very tired from travelling

Part 2: Fill in the Gap (Questions 11–20)

11 I was really nervous before the presentation, but once I started talking, I managed to ____ the ice and everyone relaxed.

- A** break
- B** melt
- C** cut

12 Learning a new language is difficult, but if you ____ at it every day, you will improve.

- A** keep
- B** stay
- C** hold

13 I'm sorry, but I don't have time to explain everything now. I'll give you the details ____ the fly.

- A** on
- B** at
- C** in

14 We were so tired after the long trip that we decided to ____ in early that night.

- A** turn
- B** go
- C** call

15 Don't worry about the mistake — it's not the end of the world. Just ____ it behind you and move on.

- A** put
- B** leave
- C** push

16 She has a lot on her plate right now, so please don't ____ her with more problems.

- A** burden
- B** trouble
- C** fill

17 I had a feeling something was wrong, so I decided to ____ my gut and leave early.

- A** trust
- B** follow
- C** use

18 After working all week, I finally got a chance to ____ off steam by going for a long run.

- A** let
- B** blow
- C** give

19 The project is nearly finished — we are so close, so let's not ____ up now.

- A** give
- B** slow
- C** back

20 I had no idea what the teacher was talking about — it went completely ____ my head.

- A** over
- B** above
- C** past

Part 3: Fill in the Blank (Questions 21–30)

21 I was so tired after the long meeting that I decided to call it a _____ and go home early.

22 Don't worry about the mistake — it's not the end of the _____. You can fix it tomorrow.

23 She passed her driving test on the first try — she must be a natural. Learning new skills seems to come _____ to her.

24 I know he seems shy at first, but once you get to _____ him, he is very funny and kind.

25 The new employee is doing very well — she picked up the new system in _____ time at all.

26 I have been feeling under the _____ lately, so I decided to stay home and rest instead of going to the party.

27 My boss told me to keep an _____ on the new intern and make sure he understood the office rules.

28 He found the new job by _____ — he just happened to see the advertisement on a notice board.

29 I wanted to speak to the manager, but I was told she was tied _____ in a meeting and could not speak to anyone.

30 Learning a second language takes a lot of practice, but if you stick _____ it, you will definitely improve.

Part 4: Matrix / Match Values (Questions 31–40)

31 Match each everyday idiom on the left with its correct meaning on the right.

MATCHING OPTIONS:

- | | |
|---|---|
| A To endure a painful situation with courage | B Unable to decide between two options |
| C Feeling slightly ill or unwell | D To describe something exactly right |

Item / Phrase	Write Match Letter (A, B, C...)
Hit the nail on the head	[]
Under the weather	[]
Bite the bullet	[]
On the fence	[]

32 Match each idiom on the left with the situation on the right where it would naturally be used.

MATCHING OPTIONS:

- | | |
|---|--|
| A Being too late to take advantage of an opportunity | B Starting a conversation with someone you don't know |
| C Permanently ending a relationship or opportunity | |

Item / Phrase	Write Match Letter (A, B, C...)
Break the ice	[]
Burn bridges	[]
Miss the boat	[]

33 Match each idiom about work and effort on the left with its correct meaning on the right.

MATCHING OPTIONS:

- A** To joke with or tease someone
C To stop working on something

- B** To make more effort than is required
D To start an activity or process

Item / Phrase	Write Match Letter (A, B, C...)
Pull someone's leg	[]
Get the ball rolling	[]
Go the extra mile	[]
Call it a day	[]

34 Match each idiom on the left with the correct example sentence on the right that shows its meaning.

MATCHING OPTIONS:

- A** "Don't be afraid to say exactly what you think."
C "She rarely visits — maybe once or twice a year."

- B** "That new laptop was so expensive!"

Item / Phrase	Write Match Letter (A, B, C...)
Cost an arm and a leg	[]
Once in a blue moon	[]
Speak your mind	[]

35 Match each idiom related to feelings and emotions on the left with its correct meaning on the right.

MATCHING OPTIONS:

- A** Feeling nervous or anxious
C Feeling cheerful and positive

- B** Extremely happy about something
D Feeling sad or depressed

Item / Phrase	Write Match Letter (A, B, C...)
Over the moon	[]
Down in the dumps	[]
On edge	[]
In high spirits	[]

36 Match each idiom on the left with the correct definition on the right.

MATCHING OPTIONS:

A To deliberately ignore someone

B To make sure someone is regularly informed

C To accidentally reveal a secret

Item / Phrase	Write Match Letter (A, B, C...)
Let the cat out of the bag	[]
Keep someone in the loop	[]
Give someone the cold shoulder	[]

37 Match each idiom related to time and speed on the left with its correct meaning on the right.

MATCHING OPTIONS:

A Continuously for twenty-four hours

B Immediately and without hesitation

C To do something while waiting for something else

D Just before it is too late

Item / Phrase	Write Match Letter (A, B, C...)
In the nick of time	[]
At the drop of a hat	[]
Kill time	[]
Around the clock	[]

38 Match each common everyday expression on the left with what it means in conversation on the right.

MATCHING OPTIONS:

A It is good to do something even if it is overdue

B This is the final problem I can tolerate

C Both people are responsible for a problem

Item / Phrase	Write Match Letter (A, B, C...)
That's the last straw	[]
It takes two to tango	[]
Better late than never	[]

39 Match each idiom related to knowledge and understanding on the left with its correct meaning on the right.

MATCHING OPTIONS:

- | | |
|---|--|
| A Not knowing about something important | B To be very busy with many things to deal with |
| C To begin to understand how to do something | D To understand something using available information |

Item / Phrase	Write Match Letter (A, B, C...)
Get the hang of it	[]
In the dark	[]
Put two and two together	[]
Have a lot on your plate	[]

40 Match each idiom about honesty and communication on the left with its correct meaning on the right.

MATCHING OPTIONS:

- | | |
|--|---|
| A Information heard directly from the source | B To avoid talking about the main topic directly |
| C To understand a hidden meaning in what someone says | |

Item / Phrase	Write Match Letter (A, B, C...)
Beat around the bush	[]
Straight from the horse's mouth	[]
Read between the lines	[]

Part 5: Sort the Values (Questions 41–50)

41 Arrange the words to make a correct sentence.

raining, started decided call day. It so we to it a

42 Arrange the words to make a correct sentence.

fingers crossed always before keeps exam. She her an

43 Arrange the words to make a correct sentence.

yesterday,

weather

stayed

under

home.

was

the

so

at

I

I

44 Arrange the words to make a correct sentence.

Learning

language

piece

cake

her.

new

for

is

of

a

a

45 Arrange the words to make a correct sentence.

interview.

before

cold

feet

just

got

his

job

He

46 Arrange the words to make a correct sentence.

decision.

bullet

need

bite

make

the

and

We

to

a

47 Arrange the words to make a correct sentence.

instead

direct.

always

around

beats

being

boss

bush

the

My

of

48 Arrange the words to make a correct sentence.

together.

dinner

moon,

Once

blue

out

for

in

we

go

a

49 Arrange the words to make a correct sentence.

accident.

She

let

the

cat

out

the

bag

of

by

50 Arrange the words to make a correct sentence.

responsible.

tango,

takes

both

them

two

are

It

to

so

of

Answer Key & Explanations

Idioms and Everyday Expressions | B1

Part 1: Multiple Choice

1. **B** Correct Answer: Think in a creative and original way ✓ Explanation: Think outside the box means to think in a new, creative way instead of using the same old ideas. The manager asked the team to think outside the box to solve the problem.
2. **C** Correct Answer: The exam was very easy ✓ Explanation: A piece of cake is an idiom that means something is very easy to do. Don't worry about the test — it will be a piece of cake!
3. **B** Correct Answer: It is raining very heavily ✓ Explanation: Raining cats and dogs is a common idiom meaning it is raining very hard. Take an umbrella — it's raining cats and dogs outside!
4. **C** Correct Answer: To good luck and do well ✓ Explanation: Break a leg is an expression used to wish someone good luck, especially before a performance or important event. Before the concert, her teacher said, 'Break a leg!'
5. **B** Correct Answer: They had to start again from the beginning ✓ Explanation: Back to square one means that something failed and you must start again from the beginning. The design didn't work, so the team was back to square one.
6. **C** Correct Answer: Stop working and finish for now ✓ Explanation: Call it a day means to decide to stop working or doing an activity for now. We've done enough work — let's call it a day.
7. **B** Correct Answer: The plan is developing correctly ✓ Explanation: On the right track means that someone is making progress in the correct direction. The doctor told him he was on the right track with his diet and exercise.
8. **B** Correct Answer: The solution was obvious and very close ✓ Explanation: Right under your nose means something is very obvious or very close to you, but you did not notice it. I was looking for my keys and they were right under my nose on the table.
9. **C** Correct Answer: After a long period of time ✓ Explanation: In the long run means considering what will happen over a long period of time in the future. Eating healthily is difficult, but in the long run it is better for you.
10. **B** Correct Answer: She is feeling a little ill or unwell ✓ Explanation: Under the weather is a common idiom meaning you feel slightly ill or not very well. I'm feeling a bit under the weather today, so I think I'll stay at home.

Part 2: Fill in the Gap

11. **A** Correct Answer: break ✓ Explanation: The idiom break the ice means to do or say something to make people feel more comfortable in a new or awkward situation. He told a joke to break the ice at the meeting.
12. **A** Correct Answer: keep ✓ Explanation: The expression keep at it means to continue doing something even when it is hard. Keep at it and you will succeed.
13. **A** Correct Answer: on ✓ Explanation: The idiom on the fly means doing something quickly while you are busy with other things. She made the decision on the fly.
14. **A** Correct Answer: turn ✓ Explanation: The phrasal verb turn in is a common everyday expression meaning to go to bed. I usually turn in around ten o'clock.
15. **A** Correct Answer: put ✓ Explanation: The expression put it behind you means to stop thinking about a bad experience and continue with your life. Put the argument behind you and enjoy your holiday.
16. **A** Correct Answer: burden ✓ Explanation: To burden someone means to give them too much to deal with. Don't burden her with more work — she already has a lot on her plate.
17. **A** Correct Answer: trust ✓ Explanation: The expression trust your gut means to rely on your natural feeling or instinct about a situation. He trusted his gut and chose the safer route.
18. **A** Correct Answer: let ✓ Explanation: The idiom let off steam means to release your energy, stress, or anger in a harmless way. She went dancing to let off steam after a stressful week.
19. **A** Correct Answer: give ✓ Explanation: The phrasal verb give up means to stop trying to do something. Don't give up — you're almost there!
20. **A** Correct Answer: over ✓ Explanation: The expression go over someone's head means that something is too difficult or complex to understand. The explanation went completely over my head.

Part 3: Fill in the Blank

21. **day** Correct Answer: day ✓ Explanation: The expression call it a day means to stop working or doing an activity because you feel you have done enough. It was getting dark, so we called it a day and packed up our things.
22. **world** Correct Answer: world ✓ Explanation: The expression not the end of the world means that a problem is not as serious or terrible as it might seem. Failing one test is not the end of the world — study harder next time.
23. **naturally** Correct Answer: naturally ✓ Explanation: The expression come naturally means that something is easy and effortless for someone, as if they were born with the ability. Speaking in public comes naturally to experienced teachers.

24. **know** Correct Answer: know ✓ Explanation: The expression get to know someone means to gradually learn about a person and become more familiar with them. We got to know each other during the school trip.
25. **no** Correct Answer: no ✓ Explanation: The expression in no time means very quickly or sooner than expected. He finished his homework in no time because he had studied the night before.
26. **weather** Correct Answer: weather ✓ Explanation: The expression under the weather means feeling slightly ill or unwell. She looked a bit under the weather, so her teacher sent her to the nurse.
27. **eye** Correct Answer: eye ✓ Explanation: The expression keep an eye on someone or something means to watch carefully or look after them. Can you keep an eye on my bag while I go to the bathroom?
28. **chance** Correct Answer: chance ✓ Explanation: The expression by chance means something happens accidentally or without being planned. I met my old school friend by chance at the supermarket.
29. **up** Correct Answer: up ✓ Explanation: The expression tied up means to be very busy with something and unable to do anything else. Sorry I didn't call you back — I was completely tied up with the project all afternoon.
30. **at** Correct Answer: at ✓ Explanation: The expression stick at something means to continue doing something even when it is difficult and not give up. It was hard at the beginning, but she stuck at it and passed her exam.

Part 4: Matrix / Match Values

31. Hit the nail on the head: D • Under the weather: C • Bite the bullet: A • On the fence: B

Correct Matches: • Hit the nail on the head → To describe something exactly right • Under the weather → Feeling slightly ill or unwell • Bite the bullet → To endure a painful situation with courage • On the fence → Unable to decide between two options
✅ Explanation: These are common English idioms. Hit the nail on the head means you said something perfectly correct. Under the weather means feeling a bit sick. Bite the bullet means to do something difficult bravely. On the fence means you haven't made a decision yet.

32. Break the ice: B • Burn bridges: C • Miss the boat: A

Correct Matches: • Break the ice → Starting a conversation with someone you don't know • Burn bridges → Permanently ending a relationship or opportunity • Miss the boat → Being too late to take advantage of an opportunity
✅ Explanation: Break the ice means to make people feel more comfortable at the start of a meeting or party. Burn bridges means doing something that permanently destroys a relationship. Miss the boat means you lost your chance because you were too slow.

33. Pull someone's leg: A • Get the ball rolling: D • Go the extra mile: B • Call it a day: C

Correct Matches: • Pull someone's leg → To joke with or tease someone • Get the ball rolling → To start an activity or process • Go the extra mile → To make more effort than is required • Call it a day → To stop working on something
✓ Explanation: Pull someone's leg means to tease them in a friendly way. Get the ball rolling means to begin something. Go the extra mile means to do more than expected. Call it a day means to decide to stop working, often for the rest of the day.

34. Cost an arm and a leg: B • Once in a blue moon: C • Speak your mind: A

Correct Matches: • Cost an arm and a leg → "That new laptop was so expensive!" • Once in a blue moon → "She rarely visits — maybe once or twice a year." • Speak your mind → "Don't be afraid to say exactly what you think." ✓ Explanation: Cost an arm and a leg means something is very expensive. Once in a blue moon means something happens very rarely. Speak your mind means to say your opinion honestly and directly.

35. Over the moon: B • Down in the dumps: D • On edge: A • In high spirits: C

Correct Matches: • Over the moon → Extremely happy about something • Down in the dumps → Feeling sad or depressed • On edge → Feeling nervous or anxious • In high spirits → Feeling cheerful and positive ☒ Explanation: Over the moon expresses great happiness, for example after hearing good news. Down in the dumps describes feeling low or unhappy. On edge means feeling tense or worried. In high spirits means feeling lively and positive.

36. Let the cat out of the bag: C • Keep someone in the loop: B • Give someone the cold shoulder: A

Correct
Matches: •
Let the cat
out of the
bag → To
accidentally
reveal a
secret • Keep
someone in
the loop →
To make sure
someone is
regularly
informed •
Give
someone the
cold shoulder
→ To
deliberately
ignore
someone ✓
Explanation:
Let the cat
out of the
bag means to
accidentally
tell someone
something
that was
meant to be
a secret.
Keep
someone in
the loop
means to
update
someone
regularly.
Give
someone the
cold shoulder
means to
intentionally
ignore or be
unfriendly to
someone.

37. In the nick of time: D • At the drop of a hat: B • Kill time: C • Around the clock: A

Correct Matches: • In the nick of time → Just before it is too late • At the drop of a hat → Immediately and without hesitation • Kill time → To do something while waiting for something else • Around the clock → Continuously for twenty-four hours ✓ Explanation: In the nick of time means something happened at the last possible moment. At the drop of a hat means to do something very quickly or without needing to be asked twice. Kill time means to fill time with an activity while waiting. Around the clock means all day and all night without stopping.

38. That's the last straw: B • It takes two to tango: C • Better late than never: A

Correct Matches: • That's the last straw → This is the final problem I can tolerate • It takes two to tango → Both people are responsible for a problem • Better late than never → It is good to do something even if it is overdue ✓ Explanation: That's the last straw means you have reached your limit of patience. It takes two to tango means you can't blame only one person when two people are involved. Better late than never means it is still worthwhile doing something, even if it is a little late.

39. Get the hang of it: C • In the dark: A • Put two and two together: D • Have a lot on your plate: B

Correct Matches: • Get the hang of it → To begin to understand how to do something • In the dark → Not knowing about something important • Put two and two together → To understand something using available information • Have a lot on your plate → To be very busy with many things to deal with 

Explanation:
Get the hang of it means you are learning how to do something, like a new skill.
In the dark means being unaware of information.
Put two and two together means to figure something out from clues.
Have a lot on your plate means you have many responsibilities or tasks at once.

40. Beat around the bush: B • Straight from the horse's mouth: A • Read between the lines: C

Correct Matches: •

Beat around the bush → To avoid talking about the main topic directly
• Straight from the horse's mouth → Information heard directly from the source
• Read between the lines → To understand a hidden meaning in what someone says ✓

Explanation: Beat around the bush means to talk around a subject without saying what you really mean. Straight from the horse's mouth means the information came directly from the person who knows best. Read between the lines means to understand what someone really means, even if they don't say it directly.

Part 5: Sort the Values

41. Correct Answer: It started raining, so we decided to call it a day. ✓ Explanation: The idiom call it a day means to stop working or doing an activity. The phrase call it a day must stay together as a fixed expression. The conjunction so connects the reason (raining) with the result (stopping).

42. Correct Answer: She always keeps her fingers crossed before an exam. ✓ Explanation: The idiom keep your fingers crossed means to hope for good luck. The adverb always goes between the subject She and the main verb keeps. The prepositional phrase before an exam comes at the end to give context.

- 43.** Correct Answer: I was under the weather yesterday, so I stayed at home. ✓ Explanation: The idiom under the weather means feeling ill or unwell. The time adverb yesterday follows the idiom directly. The conjunction so links the cause (feeling ill) to the result (staying at home).
- 44.** Correct Answer: Learning a new language is a piece of cake for her. ✓ Explanation: The idiom a piece of cake means something that is very easy. The gerund phrase Learning a new language acts as the subject, followed by the verb is and the fixed idiom. The prepositional phrase for her shows who finds it easy.
- 45.** Correct Answer: He got cold feet just before his job interview. ✓ Explanation: The idiom get cold feet means to suddenly become nervous or afraid about doing something. The adverb just modifies the time phrase before his job interview, emphasizing that the nerves appeared very close to the event.
- 46.** Correct Answer: We need to bite the bullet and make a decision. ✓ Explanation: The idiom bite the bullet means to do something difficult or unpleasant that cannot be avoided. The structure need to + infinitive is used here, and the conjunction and joins two linked actions: bite the bullet and make a decision.
- 47.** Correct Answer: My boss always beats around the bush instead of being direct. ✓ Explanation: The idiom beat around the bush means to avoid talking about the main point directly. The adverb always sits between the subject My boss and the verb beats. The contrast phrase instead of being direct adds meaning at the end.
- 48.** Correct Answer: Once in a blue moon, we go out for dinner together. ✓ Explanation: The idiom once in a blue moon means very rarely or almost never. When a time expression or adverbial phrase comes at the beginning of a sentence, it is followed by a comma. The main clause we go out for dinner together follows in normal subject-verb-object order.
- 49.** Correct Answer: She let the cat out of the bag by accident. ✓ Explanation: The idiom let the cat out of the bag means to accidentally reveal a secret. The phrase must remain in its fixed order. The prepositional phrase by accident comes at the end and tells us the action was unintentional.
- 50.** Correct Answer: It takes two to tango, so both of them are responsible. ✓ Explanation: The expression it takes two to tango means that both people in a situation share responsibility. It uses the impersonal subject it with the structure takes + object + infinitive. The conjunction so introduces the logical conclusion that follows.

Score Guide

45–50 Correct	Excellent! You have mastered this topic.
38–44 Correct	Very good! Review the rules you missed.
30–37 Correct	Good start. Re-read the lesson and examples.
0–29 Correct	Study the lesson again before retaking the test.