

There are many common phrases in English which combine words with *and*. We usually say these phrases almost as one word, which makes *and* sound very different.

A Look at these phrases. Ignore the first word(s) and say the second half of the phrase with *and*. Then say the whole phrase. Use the ideas in brackets as a guide.

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|---|----------------------------|---------------------------------------|
| 1 | on and off for years | (undoff – onundonfuyears) |
| 2 | first and foremost | (unfor – firstunforemost) |
| 3 | miles and miles | (zum – milezunmiles) |
| 4 | with one thing and another | (undanother – withonethingundanother) |

B 🎧 Listen and practise the phrases in Exercise A. Can you think of a rule for when we hear the ‘d’ in *and* and when we don’t?

C Say these phrases in a similar way. First say them slowly, then try saying them more quickly.

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|-------------------|------------------------|
| peace and quiet | up and away |
| here and there | in and out |
| bacon and eggs | stand and stare |
| hot and humid | scream and shout |
| live and let live | accident and emergency |
| mop and bucket | |

D In fast speech, prepositions and other words can also sound very different, or seem to disappear, in a similar way to *and*. Try saying the words in bold slowly and quickly.

- 1 She’s emerged **as** a strong contender.
- 2 He’s seen **as** a figure of fun.
- 3 It’s not **as** though it was easy.
- 4 It came **as** a bit of a shock.
- 5 They still haven’t made **up** their mind.
- 6 He’ll end **up** in trouble.
- 7 They were mixed **up** in some dodgy business.
- 8 They’ve gone **up** a lot lately.

E 🎧 Listen to the sentences in Exercise D said quickly. Practise saying them at this speed.

F Can you give an example from real life using the sentences in Exercise D?