

I want it to be very, very lean.

Michelle is preparing dinner. She asks John for help....

Michelle: John, can you do me a favor? Can you help me cut this chicken?

John: At your service. How do you want me to cut it?

Michelle: I would like half of it cut into slices, and the other half diced.

John: OK. Half sliced and the other half diced.

Michelle: Oh, by the way, I want it to be very, very lean. Not even a shred of fat.

John: Got'cha. Cut off the fat.

Vocabularies:

favor- A gracious, friendly, or obliging act that is freely granted

lean- Not fleshy or fat; thin. Containing little or no fat.

diced- Slice in to a small cube

shred- A long irregular strip that is cut or torn off.

Expressions

Can you do me a favor?

Got'cha - I understand

Practice

Michelle: I would like half of it cut into slices, and the other _____?

John: OK. _____ and the other half diced.

Michelle: Oh, by the way, I want it to be very, very _____. Not even a shred of fat.

John: _____. Cut off the fat