ENGLISH LESSON · FRIENDS S01E01 · INTERMEDIATE

Friends S01E01 (Part 2) — Grab a Spoon

Clip: 5:26 · 11 words · 7 idioms & phrasal verbs · 2026-08-10

Watch again online



Friends — a scene from today's lesson

1 Before You Watch

The story

This is the second part of the first Friends episode. Rachel has just arrived after running away from her wedding. Now the friends invite her out, but she stays home. Later, Joey and Chandler help Ross build furniture in his empty apartment, and Joey gives Ross some advice about starting a new life. At the same time, Monica is on a date with a man called Paul.

Why is it funny?

Two jokes carry this clip. First, Ross cannot understand the furniture instructions, so he invents baby words for the parts: a 'brackety thing', 'side things' and 'little worm guys'. Second, Joey compares women to ice cream flavours and tells Ross to 'grab a spoon'. Chandler then takes the metaphor too literally and says he does not know if he is hungry or horny, so Joey warns him to stay out of his freezer. Phoebe also gets a dry laugh: 'I wish I could, but I don't want to.'

Key words — know these before you watch:

put together · bookcase · get screwed · flavour · grab a spoon · regret

Warm-up: Which sentence expresses regret about a past mistake?

- **A.** I should call her now
- **B.** I should have noticed earlier
- **C.** I will notice next time

> **Background reading (1 minute)**
>
> In American English, people often use food to talk about life. 'Flavours of ice cream' means the many different people you could date, and 'grab a spoon' means start trying again. This clip is also full of relaxed spoken forms: gonna, wanna, gotta and should've. Learning to hear them is the key to understanding fast conversation.

2 Watch 1 — with subtitles

First watch — subtitles ON. Catch the main idea: What are Ross's friends mainly trying to do?

- **A.** Help him move forward after the breakup
- **B.** Persuade him to rebuild the furniture
- **C.** Make him call Carol immediately

Watch 2 — subtitles ON again. Detail questions (after transcript / vocab on class day):

1. What does 'I should've caught on' express?

- **A.** Advice for tomorrow
- **B.** A successful decision
- **C.** A missed realization he now regrets

2. What does 'whatsoever' add to 'no worm guys'?

- **A.** A question
- **B.** Uncertainty about quantity
- **C.** Strong emphasis: none at all

3. What does 'grab a spoon' mean in Joey's metaphor?

- **A.** Start exploring new romantic possibilities
- **B.** Eat more ice cream
- **C.** Cook dinner for the group

3 Transcript — notice the highlighted words

yellow = vocabulary to learn · blue = idioms & phrasal verbs

8:28	Sit down, two seconds.
8:34	Oh, I just pulled out four eyelashes. That can't be good.
8:40	So Rachel, what are you, uh, what you up to tonight?
8:42	Well, I was kind of suppose to be headed for Aruba on my honeymoon. So, nothing.
8:50	Right, you're not even getting your honeymoon.
8:52	God, no, no. Although, Aruba.
8:55	This time of year?
8:57	Talk about your...big lizards.
9:05	Anyway, if you, if you don't feel like being alone tonight Uh, Joey and Chandler are coming over to help me put together my, my new furniture.
9:11	Yes, and we're very excited about it.
9:14	Well, actually, thanks but I think I'm just gonna hang out here tonight.
9:18	- It's been a long day. - Oh, sure. Okay, sure.
9:20	Hey, Pheebs, wanna help?
9:22	Oh, I wish I could, but I don't want to.
9:32	I'm suppose to attach a brackety thing to the side things using a bunch of these little worm guys.
9:41	I have no brackety thing.
9:43	I see no worm guys whatsoever.
9:45	And I cannot feel my legs.
9:50	- What's this? - I have no idea.
9:56	- Done with the bookcase. - All finished.
10:02	This was Carol's favorite beer.
10:06	She always drank it out of the can. I should have known.
10:11	Ross, let me ask you a question.
10:12	She got the furniture, the stereo, the good TV.
10:17	What did you get?
10:18	You guys.
10:19	- Oh, God. Oh, my God. - You got screwed.
10:22	- Oh, my God. - I know, I know.
10:24	I'm such an idiot.

10:27 Guess I should've caught on when she went to the dentist four and five times a week.

10:31 I mean, how clean can teeth get?

10:33 My brother's going through that right now.

10:35 He's, he's such a mess. How did you get through it?

10:38 Well, he might try accidentally breaking something valuable of hers.

10:42 - Say her-- - Leg.

10:44 That's one way of going through it, yeah.

10:46 Me, I-I went for the watch.

10:48 You actually broke her watch?

10:51 Barry, I'm sorry. I am so sorry.

10:53 I know you probably think this is all about what I said the other night about you making love with your socks on, but it isn't.

10:59 It's isn't, its about me. And I ju..

11:09 Hi, machine cut me off again. Anyway..

11:13 You know what scariest part is?

11:15 What if there's only one woman for everybody, you know?

11:18 I mean, what if you get one woman, and that's it?

11:22 Unfortunately, in my case, there was only one woman...for her.

11:27 What are you talking about? One woman.

11:31 That's like saying, there's only one flavor of ice cream for you.

11:34 Let me tell you something, Ross.

11:36 There's lots of flavors out there.

11:38 There's Rocky road, and Cookie dough and bing Cherry vanilla.

11:43 You could get them with jimmies, or nuts, or whipped cream.

11:48 This is the best thing that ever happened to you.

11:51 You got married. You were like, what? Eight?

11:56 Welcome back to the world.

11:57 Grab a spoon!

12:00 I honestly don't know if I'm hungry or horny.

12:03 Stay out of my freezer.

12:08 Ever since she walked out on me, I..

12:12 What? Wh-what? You wanna spell it out with noodles?

12:16 No, it's-it's-it's more of a fifth date kind of revelation.

12:20	Oh, so, there's gonna be a fifth date?
12:25	Isn't there?
12:27	Yeah, yeah. I-I think there is.
12:31	What were you gonna say?
12:34	Well, er, um..
12:38	Ever since she left me, um..
12:41	I-I haven't been able to perform..
12:44	...sexually.
12:48	Oh, God! Oh, God! I am so..
12:50	- I'm so sorry. - It's okay.
12:52	I know being spit on is probably not what you need right now.
12:55	Um..
12:58	How long?
12:59	- Two years. - Wow.
13:03	Uh-uh, I'm glad you smashed her watch.
13:08	So you still think you, um...might want that fifth date?
13:14	Yeah, yeah I do.
13:19	I Joanie, take you Charles, as my lawful husband.
13:22	'Do you take Joanie..'
13:25	See. But Joanie loves Chachi.
13:28	That's the difference.
13:32	"Grab a spoon."
13:34	Do you know how long it's been since I've grabbed the spoon?
13:37	Do the words, "Billy, don't be a hero," mean anything to you?
13:43	You know, here's the thing.
13:44	Even if I could get it together enough to you know, to-to ask a woman out..
13:50	...who am I gonna ask?

4 Vocabulary — 11 words worth remembering

Word	Pronunciation	Meaning & use	In the clip
eyelash	/ˈaɪlæʃ/	one of the short hairs that grow on the edge of your eye	*Oh, I just pulled out four eyelashes. That can't be good.*
attach	/əˈtætʃ/		

		to fix one thing to another thing **Use:** attach A to B · attachment (noun)	*I'm supposed to attach a brackety thing to the side things.*
bracket	/ˈbrækɪt/	a small piece of metal used to hold two parts together	*I have no brackety thing.*
whatsoever	/ˌwɒtsəʊˈevər/	at all — used after a negative to make it stronger **Use:** no / none / nothing whatsoever · emphatic 'at all'	*I see no worm guys whatsoever.*
bookcase	/ˈbʊkkeɪs/	a piece of furniture with shelves for books	*Done with the bookcase.*
valuable	/ˈvæljuəbl/	worth a lot of money or very important to someone **Use:** valuable time / advice / object · invaluable means extremely useful	*He might try accidentally breaking something valuable of hers.*
revelation	/ˌrevəˈleɪʃn/	a surprising fact that someone tells you for the first time **Use:** have a revelation · a surprising truth suddenly understood	*It's more of a fifth date kind of revelation.*
flavour	/ˈfleɪvər/	the particular taste of a food or drink	*There's only one flavor of ice cream for you.*
whipped cream	/ˌwɪpt ˈkriːm/	cream that is beaten until it is soft and thick	*You could get them with jimmies, or nuts, or whipped cream.*
mess	/mes/	a person or situation that is in a very bad, confused state **Use:** be a mess / make a mess · literal or emotional disorder	*He's such a mess. How did you get through it?*
smash	/smæʃ/	to break something violently into pieces	*I'm glad you smashed her watch.*

5 Idioms & Phrasal Verbs

Phrase	Type	Meaning	In the clip
put together	phrasal v.	to build something from separate parts	*Joey and Chandler are coming over to help me put together my new furniture.*
get through	phrasal v.	to survive a difficult period	*He's such a mess. How did you get through it?*
ask someone out	phrasal v.	to invite someone on a date	*Even if I could get it together enough to ask a woman out...*
spell it out	idiom	to explain something very clearly, step by step	*You wanna spell it out with noodles?*

feel like	phrase	to want to do something at this moment	*If you don't feel like being alone tonight...*
grab a spoon	idiom	Joey's own expression: start dating again and enjoy life	*Welcome back to the world. Grab a spoon!*
be up to	phrase	to be doing something; used to ask about someone's plans	*So Rachel, what are you up to tonight?*

6 Grammar Spotlight

should have + past participle — talking about regret

Use should have (often said as 'should've') plus the past participle to say that something was a mistake, or that you did not see the truth in time. It always talks about the past, and it is always too late to change it.

Form: should have + past participle (spoken: should've + past participle)

• *She always drank it out of the can. I should have known. (Ross regrets not seeing the truth.)*

• *Guess I should've caught on when she went to the dentist four and five times a week. (He regrets not understanding earlier.)*

• *Listen for the sound: 'should've' sounds like /ʃʊdəv/, almost one short word.*

Compare:

• You should call her. ↔ You should have called her. (Advice now versus regret about a missed past action.)

Watch out: Should've sounds like 'should of', but the correct written form is should have.

Learn more: English Grammar in Use — should have / must have (past modals)

7 Practice — circle / match / fill in; answers on the last page

Vocabulary in context

1. Where can 'whatsoever' naturally appear?

- **A.** I whatsoever have a doubt
- **B.** I have whatsoever many doubts
- **C.** I have no doubt whatsoever

2. Which event is best called a revelation?

- **A.** Reading familiar instructions
- **B.** Buying an ordinary bookcase
- **C.** Suddenly understanding why a relationship failed

Phrases in use

3. Which sentence uses 'get through' correctly?

- **A.** We got the month through difficult
- **B.** We got through the difficult month together
- **C.** We through got a new bookcase

4. If I 'spell it out', I:

- **A.** write every word in capital letters
- **B.** explain the point very clearly
- **C.** hide the important detail

Grammar in use

5. Choose advice about the present, not past regret.

- **A.** You should have rested yesterday
- **B.** You should have been resting last week
- **C.** You should rest tonight

6. I should have _____ the warning signs.

(notice · noticed · noticing)

7. Which written form is correct?

- **A.** I should have known
- **B.** I should of known
- **C.** I should have knew

Listening detail

8. Which reduced form do you hear?

- **A.** I should've caught on
- **B.** I should catch on
- **C.** I should be catching on

Meaning and tone

9. What does Joey's ice-cream metaphor suggest?

- **A.** Ross should stop dating
- **B.** Ross should consider many possible partners
- **C.** Ross should open a restaurant

8 Final listen — NO subtitles — prove what you remember

Subtitles are OFF. Listen for today's language, not plot trivia.

Catch the line

- ☐ I see no worm guys whatsoever.
- ☐ I should have known.
- ☐ should've caught on
- ☐ get through it
- ☐ Welcome back to the world. Grab a spoon!

What did they say?

1. Which regret form do you hear?

- **A.** I should have known
- **B.** I should know
- **C.** I should be knowing

2. Which phrase follows 'should've'?

- **A.** caught on
- **B.** catch on
- **C.** been catching

Put the lines in order

____ Grab a spoon!

____ There's lots of flavors out there.

____ This is the best thing that ever happened to you.

Answer Key — check yourself after finishing

Before You Watch: B · **Gist:** A · **Detail:** 1-C, 2-C, 3-A

Vocabulary in context: 1-C · 2-C

Phrases in use: 3-B · 4-B

Grammar in use: 5-C · 6-noticed · 7-A

Listening detail: 8-A

Meaning and tone: 9-B

Final — said what: 1-A · 2-A

Final — order: 1 → 2 → 0

1: Whatsoever follows a negative noun phrase to mean 'at all'.

2: A revelation is a surprising truth understood suddenly.

3: Get through means survive or complete a difficult period.

4: Spell it out means explain something so clearly it cannot be missed.

5: Should plus base verb gives present or future advice.

6: Should have is followed by a past participle.

7: Should've is the contraction of should have, followed by known.

8: Should've is compressed in speech, but caught remains the past participle.

9: Many flavours represent many possible partners; the spoon means trying again.