



chī lì bù tǎo hǎo
吃力不讨好

idiom · to do a hard but thankless job; to work hard but get no appreciation

Example Sentences

zhè zhǒng chī lì bù tǎo hǎo de shì yǐ hòu hái shì shǎo zuò wéi miào
这种吃力不讨好的事，以后还是少做为妙。

It's better to do less of this kind of thankless work in the future.

tā zhǔ dòng bāng tóng shì zhěng lǐ wén jiàn jié guǒ chī lì bù tǎo hǎo hái bèi mǎn yuàn duō guǎn xián shì
他主动帮同事整理文件，结果吃力不讨好，还被埋怨多管闲事。

He offered to help his colleague organize the documents, but it was a thankless task; he was even blamed for meddling.

mā ma měi tiān zǎo qǐ zuò zǎo fàn què cháng bèi hái zǐ xián bù hǎo chī zhēn shì chī lì bù tǎo hǎo
妈妈每天早起做早饭，却常被孩子嫌不好吃，真是吃力不讨好。

Mom gets up early every day to make breakfast, but the kids often complain it doesn't taste good—it's really a thankless job.

Trace each character, then write the word on your own.

吃	吃	吃	吃	吃	吃	吃	吃	吃			
力	力	力	力	力							
不	不	不	不	不	不	不					
讨	讨	讨	讨	讨	讨	讨	讨				

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