



jiàn kāng

健康

Adjective · healthy; health

Example Sentences

wǒ měi tiān chī shuǐ guǒ zhè yàng hěn jiàn kāng

我每天吃水果，这样很健康。

I eat fruit every day, which is very healthy.

dìng qī tǐ jiǎn duì wéi hù gè rén jiàn kāng zhì guān zhòng yào

定期体检对维护个人健康至关重要。

Regular check-ups are crucial for maintaining personal health.

nǐ jué de shén me yàng de shēng huó fāng shì cái suàn zhēn zhèng jiàn kāng

你觉得什么样的生活方式才算真正健康？

What kind of lifestyle do you think can be considered truly healthy?

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

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健	健									
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