



shè qǔ

摄取

verb · to absorb; to take in (nutrients)

Example Sentences

Měi tiān yào shè qǔ zú gòu de shuǐ fèn

每天要摄取足够的水分。

You need to take in enough water every day.

Duō chī shù cài shuǐ guǒ néng bāng zhù shè qǔ wéi shēng sù

多吃蔬菜水果能帮助摄取维生素。

Eating more vegetables and fruits helps absorb vitamins.

Rén tǐ xū yào cóng shí wù zhōng shè qǔ gè zhǒng yíng yǎng

人体需要从食物中摄取各种营养。

The human body needs to absorb various nutrients from food.

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

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