



shàn shí

膳食

Noun · Diet

Example Sentences

tā wán quán bù zhòng shì shàn shí píng héng zǒng chī kuài cān hé líng shí
他完全不重视膳食平衡，总吃快餐和零食。

He pays no attention to dietary balance at all, always eating fast food and snacks.

jūn héng de shàn shí duì shēn tǐ jiàn kāng hěn zhòng yào
均衡的膳食对身体健康很重要。

A balanced diet is important for physical health.

wǒ men liáo liáo gè zì de shàn shí xí guàn huò xǔ néng hù xiāng jiè jiàn
我们聊聊各自的膳食习惯，或许能互相借鉴。

Let's talk about our respective dietary habits; perhaps we can learn from each other.

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

膳	膳	膳	膳	膳	膳	膳	膳	膳	膳	膳
膳	膳	膳	膳	膳	膳	膳	膳			

食	食	食	食	食	食	食	食	食	食	食
食										