



jié zhì
节制

Verb · to control

Example Sentences

wèi le jiàn kāng tā kāi shǐ jié zhì yǐn shí
为了健康，她开始节制饮食。

For health reasons, she started to control her diet.

jìn guǎn tā shì tú jié zhì kāi zhī dàn yì wài de zhī chū hái shì ràng yù suàn chāo zhī le
尽管他试图节制开支，但意外的支出还是让预算超支了。

Although he tried to control his expenses, unexpected expenditures still caused the budget to be exceeded.

tā chī fàn hěn jié zhì
他吃饭很节制。

He eats in moderation.

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

节	节	节	节	节	节	节	节				
制	制	制	制	制	制	制	制	制	制	制	制