



jié shí
节食

verb-object phrase · dieting

Example Sentences

tā zài jié shí jiǎn féi
她在节食减肥。

She is dieting to lose weight.

guò dù jié shí huì yǐng xiǎng shēn tǐ jiàn kāng
过度节食会影响身体健康。

Excessive dieting can affect physical health.

yī shēng jiàn yì tā jié shí kòng zhì xuè táng
医生建议他节食控制血糖。

The doctor advised him to diet to control his blood sugar.

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

节	节	节	节	节	节	节	节				
食	食	食	食	食	食	食	食	食	食	食	食
食											