yǐn shí

饮食

Noun · food and drink; diet

Example Sentences

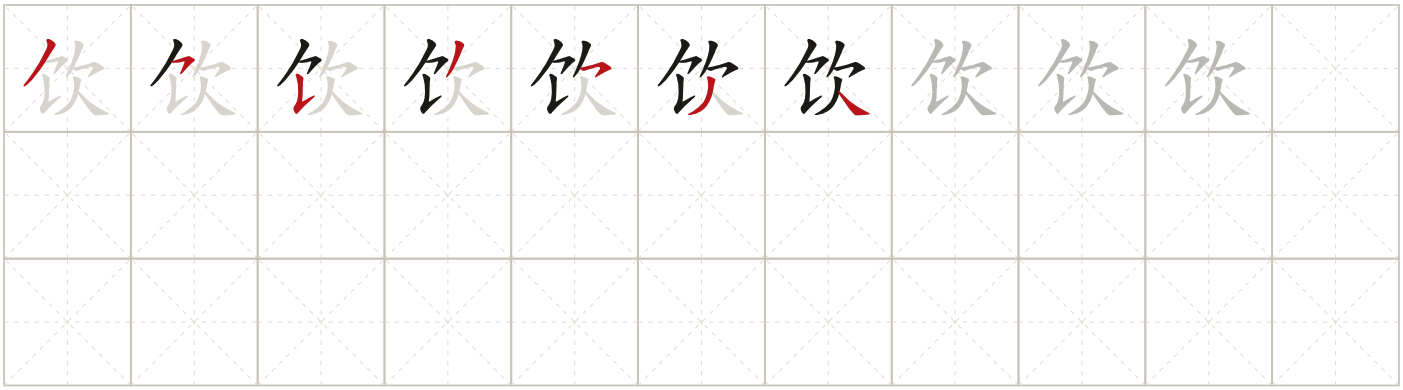
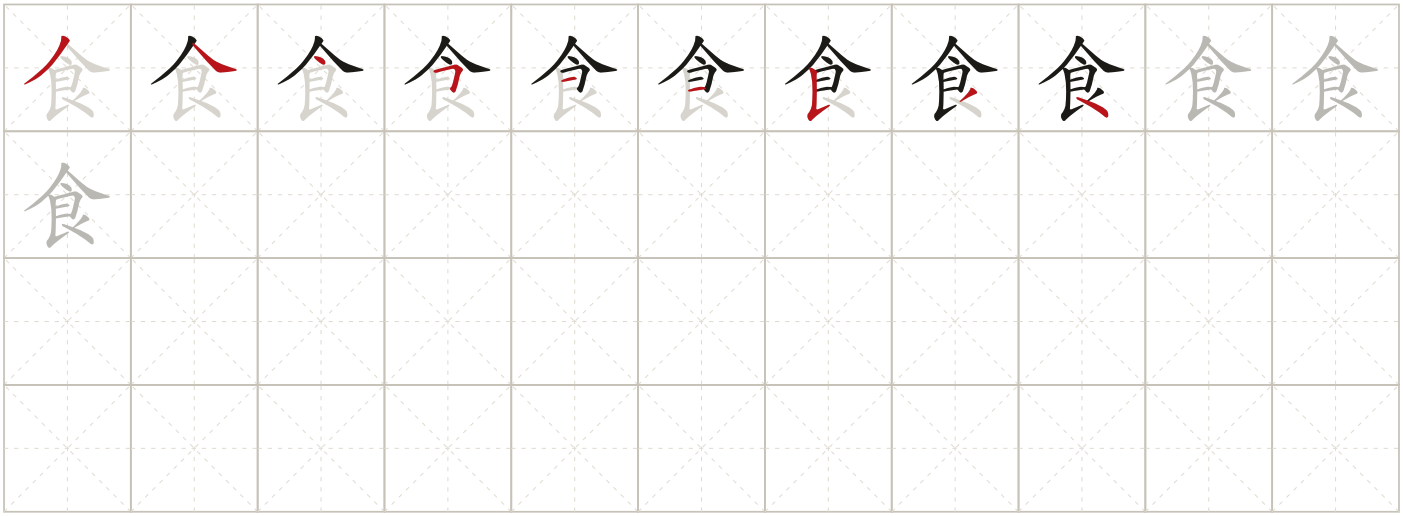
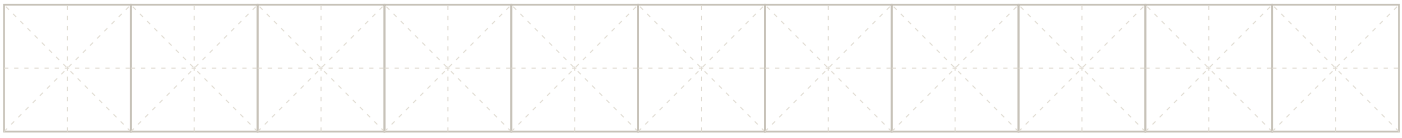
tā de yǐn shí jié gòu xū yào gēn jù yī zhǔ jìn xíng kē xué tiáo zhěng
他的饮食结构需要根据医嘱进行科学调整。

His dietary structure needs to be scientifically adjusted according to the doctor's advice.

nǐ zuì jìn de yǐn shí shì fǒu guò yú yóu nì yǐng xiǎng le xiāo huà
你最近的饮食是否过于油腻，影响了消化？

Has your recent diet been too greasy, affecting your digestion?

tā de yǐn shí hěn guī lǜ měi tiān àn shí chī fàn
他的饮食很规律，每天按时吃饭。

His diet is very regular; he eats on time every day.

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