

nutritious[nju:'trɪfəs] *a*
питательный

Oxford Advanced Learners Dictionary 8th Ed.

nutritious**nu·tri·tious** *BrE* [nju'trɪfəs] ^m *NAmE* [nu'trɪfəs] ^m *adjective* (approving)

(of food) very good for you; containing many of the substances which help the body to grow

Syn: ↑nourishing

- tasty and nutritious meals

Word Origin:[**nutritious**] mid 17th cent.: from Latin **nutritius** 'that nourishes' (from **nutrex** 'a nurse') + ↑-ous.Example Bank:

- Adapt your usual eating regime to make it more nutritious.
- Lentil soup is highly nutritious and easy to prepare.
- Start the day with a nutritious breakfast.

nutritious

Longman DOCE 5th Ed. (En-En)

nu·tri·tious /njuːˈtrɪʃəs/ *BrE* ^m *AmE* ^m *adjective*[**Date:** 1600-1700; **Language:** Latin; **Origin:** nutriticus, from nutrix 'nurse']

food that is nutritious is full of the natural substances that your body needs to stay healthy or to grow properly:

- Wholemeal bread is more nutritious than white bread.
- Nuts and fruit make nutritious snacks.
- The cookbook contains many simple yet highly nutritious meals.

nutritious

Freakuency Pack

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