

1. [fæt] n

1. жир, сало

vegetable fat - растительный жир

to fry smth. in deep fat - жарить что-л. в кипящем жире

to live on one's own fat - жить за счёт подкожного жира [см. тж. ◇]

fat content - содержание жира

fat hardening - гидрогенизация жиров

2. 1) полнота, тучность

to be inclined to fat - быть склонным к полноте

to run to fat - **разг.** жиреть, толстеть2) (иногда Fat) **разг.** толстяк (часто как прозвище); толстуха3. **арх. амер.** лучшая часть (чего-л.)

to live on the fat of the land - жить роскошно, пользоваться всеми благами

4. **проф.**1) **театр.** выигрышная роль; выигрышное место роли2) **полигр.** выгодная работа3) **амер. полигр.** выгодная печать5. **тех.** смазка, мазь, тавот6. 1) **сл.** деньги2) **амер. полит.** средства на проведение кампанийto fry the fat out of, to fry out fat - **амер. сл.** выжимать средства на проведение избирательной кампании (у корпорации и т. п.)fat frying - **амер. сл.** «выжаривание сала», нажим (на фирмы и т. п.) с целью получения средств на избирательную кампанию в обмен на привилегии

◇ the fat is in the fire - а) дело сделано; now when they have been given an ultimatum the fat is in the fire - теперь, когда им поставлен ультиматум, отступить поздно; б) решение принято; в) быть беде

to live on one's own fat - а) жить старыми запасами (знаний и т. п.); б) жить на свой капитал, [см. тж. 1]

to chew the fat - **сл.** а) чесать язык, трепаться; б) жаловаться, ныть

2. [fæt] a

1. 1) жирный, сальный; маслянистый

fat soup - жирный суп

fat mutton - жирная баранина

2) жировой

fat cell - жировая клетка

fat metabolism - жировой обмен

fat deposit - жировые отложения

2. 1) толстый, тучный

with years he has grown fat - с годами он растолстел

(as) fat as a pig - жирный как свинья

(as) fat as butter - жирный, толстый

2) пухлый, толстый

fat cheeks - пухлые щёки

fat fingers - толстые пальцы

fat book - толстая книга, пухлый том

3. откормленный, упитанный

fat ox - откормленный бык

4. 1) плодородный, тучный (о земле)

a fat soil yields a good crop - плодородная почва даёт богатый урожай

2) урожайный

it was a fat year for fruit - в этом году был большой урожай фруктов

5. 1) обильный, богатый

a fat feast - обильный/роскошный/ пир

fat larder - полная кладовая

fat purse - туго набитый кошелёк

fat bank account - большие деньги в банке

2) богатый чем-л., полный

fat coal - кузнечный /жирный/ уголь

fat clay - жирная глина

fat wood - **амер.** смолистое дерево6. **разг.** выгодный, доходный

fat job - выгодная работа /-ое дело/; доходное место

fat benefice - выгодный приход (священника); тёпленькое местечко

fat part - **театр.** выигрышная роль

7. тупой, тупоумный, глупый

fat smile - глупая улыбка

8. **полигр.** жирный (о шрифте)9. **сл.** никудашный; ничтожный

fat chance - никакой надежды; слабая надежда (на что-л.)

a fat chance you have of winning! - ≅ куда уж вам выиграть!
a fat lot - куда как много; ≅ девать некуда (*ирон. о малом количестве*)
a fat lot you care! = вам наплевать на это!
◇ to cut it fat - хвастаться, выставлать напоказ
to cut up fat - оставлать большое наследство

3. [fæt] v

1. откармливать (*на убой*; *мж. fat up*)
to fat (up) fowls - откармливать птицу
2. жиреть, толстеть, набирать вес

fat

Oxford Advanced Learners Dictionary 8th Ed.

fat [fat fats fatted fattening fatter fattest] adjective, noun BrE [fæt] ¹ NAmE [fæt]

adjective (fat-ter, fat-test)

1. (of a person's or an animal's body) having too much flesh on it and weighing too much

- a big fat man/woman
- You'll **get fat** if you eat so much chocolate.
- He grew fatter and fatter.
- fat flabby legs

Opp: ↑thin

2. thick or wide

- a fat volume on American history

3. **only before noun** (informal) large in quantity; worth a lot of money

- a **fat sum/profit**
- He gave me a nice fat cheque.

Word Origin:

Old English fætt 'well fed, plump', also 'fatty, oily', of West Germanic origin; related to Dutch **vet** and German **feist**.

Thesaurus:

fat adj.

- A big fat man walked into the room.

overweight • |often approving **plump** • • **chubby** • |especially BrE **stout** • |formal medical **obese** •

Opp: **thin**

a/an fat/overweight/plump/chubby/stout/obese **man/woman/child**

a fat/plump/chubby/stout **body**

fat/plump/chubby **arms/cheeks/fingers/legs/hands**

Word Family:

fat adjective

fatty adjective

fatten verb

fattening adjective

Vocabulary Building:

Saying that somebody is fat

Fat is the most common and direct word, but it is not polite to say to someone that they are fat: ▪ Does this dress make me look fat? ◇ You're looking fat now.

Overweight is a more neutral word: ▪ I'm a bit overweight. It can also mean too fat, especially so that you are not fit.

Large or heavy is less offensive than fat: ▪ She's a rather large woman. **Big** describes someone who is tall as well as fat: ▪ Her sister is a big girl, isn't she?

Plump means slightly fat in an attractive way, often used to describe women.

Chubby is used mainly to describe babies and children who are fat in a pleasant, healthy-looking way: ▪ the baby's chubby cheeks

Tubby (informal) is used in a friendly way to describe people who are short and round, especially around the stomach.

Stocky is a neutral word and means fairly short, broad and strong.

Stout is often used to describe older people who have a round and heavy appearance: ▪ a short stout man with a bald head

Flabby describes flesh that is fat and loose: ▪ exercises to firm up flabby thighs

Obese is used by doctors to describe people who are so fat that they are unhealthy. It is also used in a general way to mean 'really fat'.

Note that although people talk a lot about their own size or weight, it is generally not considered polite to refer to a person's large size or their weight when you talk to them.

note at ↑thin

Example Bank:

- I was sitting next to a big fat man.
- Try to cut out the foods that are making you fat.
- a big fat envelope stuffed with banknotes
- A big fat man walked into the room.
- I was ashamed of my fat flabby legs.

• You'll get fat if you eat so much chocolate.

Idioms: ↑fat chance ▪ fat lot of good/use ▪ ↑it's not overuntil the fat lady sings

Derived Word ↑fatness

noun

- 1. uncountable** a white or yellow substance in the bodies of animals and humans, stored under the skin
 - excess body fat
 - This ham has too much fat on it.
- 2. countable, uncountable** a solid or liquid substance from animals or plants, treated so that it becomes pure for use in cooking
 - Cook the meat in shallow fat.
- 3. countable, uncountable** animal and vegetable fats, when you are thinking of them as part of what a person eats
 - You should cut down on fats and carbohydrates.
 - foods which are **low in fat**
 - reduced-fat margarines

see chew the fat **at** ↑chew _{v.}, live off the fat of the land **at** ↑live ¹

Word Origin:

Old English fætt 'well fed, plump', also 'fatty, oily', of West Germanic origin; related to Dutch **vet** and German **feist**.

Thesaurus:

fat noun U, C

• Cook the meat in shallow fat.

butter • • **oil** • • **margarine** • • **lard** • • **spread** • • **blubber** • |disapproving **grease** •

vegetable fat/oil/margarine

fry/cook sth in fat/butter/oil/margarine/lard

heat the fat/butter/oil

Word Family:

fat adjective

fatty adjective

fatten verb

fattening adjective

Collocations:

Diet and exercise

Weight

put on/gain/lose weight/a few kilos/a few pounds

watch/control/struggle with your weight

be/become seriously overweight/underweight

be/become clinically/morbidly obese

achieve /facilitate /promote /stimulate weight loss

slim down to 70 kilos/(BrE) 11 stone/(especially NAmE) 160 pounds

combat/prevent/tackle/treat obesity

develop /have /suffer from /struggle with /recover from anorexia/bulimia/an eating disorder

be on/go on/follow a crash/strict diet

have /suffer from a negative/poor body image

have /develop a positive/healthy body image

Healthy eating

eat a balanced diet/healthily/sensibly

get /provide /receive adequate/proper nutrition

contain /get /provide essential nutrients/vitamins/minerals

be high /low in calories/fat/fibre/(especially US) fiber/protein/vitamin D/Omega-3 fatty acids

contain (no) /use /be full of /be free from additives/chemical preservatives/artificial sweeteners

avoid /cut down on /cut out alcohol/caffeine/fatty foods

stop/give up/ (especially NAmE) quit smoking

Exercise

(BrE) **take** regular exercise

do moderate/strenuous/vigorous exercise

play football/hockey/tennis

go cycling/jogging/running

go to /visit/ (especially NAmE) hit /work out at the gym

strengthen /tone /train your stomach muscles

contract /relax /stretch /use /work your lower-body muscles

build (up) /gain muscle

improve /increase your stamina/energy levels/physical fitness

burn /consume /expend calories

Staying healthy

be /get /keep /stay healthy/in shape/(especially BrE) **fit**

lower your cholesterol/blood pressure

boost/stimulate/strengthen your immune system
 prevent/reduce the risk of heart disease/high blood pressure/diabetes/osteoporosis
 reduce/relieve /manage /combat stress
 enhance /promote relaxation/physical and mental well-being

Example Bank:

- Add the remaining duck fat and chicken stock and bring to a boil.
- Are you carrying extra fat around your middle?
- Avoid excess saturated fats as found in meat, poultry, and eggs.
- Claims that anti-cellulite creams can break down fat are controversial.
- Cut down drastically on unhealthy fats.
- Despite its very low fat content, it is deliciously creamy.
- Eat a diet low in total fat.
- Exercise helps you burn off excess fat.
- Fats contain more calories than carbohydrates for the same weight.
- He had great rolls of fat around his middle.
- He had lost all his baby fat/puppy fat.
- His body was all muscle, with not an ounce of fat.
- Ice cream is high in fat and sugar.
- If you eat too much you will put on fat.
- It wasn't easy to lose puppy fat when Mum fed her on stodgy home cooking.
- It's easy to cut down on fat without changing your diet too much.
- Put the chicken in hot fat and braise thoroughly.
- Reduce saturated fats in your diet.
- Remove the turkey from the pan and drain off the excess fat.
- She has cut out fat altogether in an effort to lose weight.
- She was middle-aged and running to fat.
- The amount of fat you eat can affect the health of your heart.
- The only sound from the kitchen was the lamb fat spitting.
- The waistline is usually the first area where fat accumulates.
- This cheese has a lot of fat in it.
- Trim any visible fat off the meat before cooking.
- a reduced-fat diet
- margarines that contain polyunsaturated fats
- rendered bacon fat
- the amount of fat stored in the body
- the best wholefood sources of healthy fats
- the relationship between fat intake and cholesterol levels
- Aerobic exercise will help you burn off excess body fat.
- I prefer to eat fat free yogurts.
- Stick to foods which are low in fat.

fat

Longman DOCE 5th Ed. (En-En)

I. **fat**¹ **S2 W3** /fæt/ BrE " AmE " *adjective* (comparative **fatter**, superlative **fattest**)
 [Word Family: adjective: ↑fat, ↑fattening, ↑fatty, ↑fatted; noun: ↑fat, ↑fatty; verb: ↑fatten]
 [Language: Old English; Origin: fætt]

1. **FLESH** weighing too much because you have too much flesh on your body **OPP thin**:
 - " Are you suggesting I'm too fat?
 - " a short fat man in his early fifties
 - " You'll get fat if you eat all that chocolate.
 - " He looks much fatter than in his photo.
2. **OBJECT** thick or wide **OPP thin**:
 - " Dobbs was smoking a fat cigar.
 - " a big fat book
3. **MONEY** [only before noun] *informal* containing or worth a large amount of money:
 - " a fat cheque
 - " Of course the supermarkets' aim is to make fat profits.
4. **fat chance** *informal* used to say that something is very unlikely to happen
fat chance of
 - " 'You can go to bed now and sleep easy.' 'Fat chance of that!'
5. **(a) fat lot of good/use** *spoken* not at all useful or helpful:
 - " Fat lot of use you are in the kitchen.
6. **fat cat** *informal* someone who has too much money, especially someone who is paid too much for their job – used in order to show disapproval:
 - " the fat cats at the top who have recently been given obscene pay increases
7. **in fat city** *American English old-fashioned* having plenty of money
8. **grow fat on something** to become rich because of something – used to show disapproval:
 - " The finance men had grown fat on managing other people's money.
9. **a fat lip** *informal* a lip that is swollen because it has been hit:

My friend was badly injured with bruised ribs and a fat lip.

10. APPROVAL *informal* another spelling of ↑**phat** – used to show approval, especially of someone or something that is fashionable, interesting, or attractive

fat/phat beats (=music that sounds good)

Check out these fat beats.

—**fatness** *noun* [uncountable]:

a rise in fatness in children

• • •

THESAURUS

- **fat** having too much flesh on your body. It is rude to tell someone that they are fat. It is also better not to use any of these words when talking directly to someone about their body: She thinks she's fat. | He looks the same, just a little fatter.
- **overweight** weighing more than you should: Many medical conditions are caused by being overweight. | She was several kilos overweight.
- **big/large** used when saying that someone has a big body. **Large** is more common than **big** in written English: My father was a big man. | two large ladies
- **obese** extremely fat in a way that is dangerous to your health: He went to a summer camp for obese teenagers.
- **chubby** slightly fat in a nice-looking way – used especially about babies and children: A chubby little baby was playing on the rug.
- **plump** a woman or child who is plump is slightly fat, especially in a pleasant way: Her mother was a plump cheerful woman.
- **flabby** having soft loose skin that looks unattractive: a flabby stomach | Her body was getting old and flabby.
- **portly** *literary* fat and round – used especially about fairly old men: The bishop was a portly middle-aged gentleman.

ii. **fat**² *BrE* *AmE* *noun*

[Word Family: adjective: ↑fat, ↑fattening, ↑fatty, ↑fatted; noun: ↑fat, ↑fatty; verb: ↑fatten]

1. [uncountable] a substance that is stored under the skin of people and animals, that helps to keep them warm:

Rolls of fat bulged over his collar.

I didn't like the meat – there was too much fat on it.

2. [uncountable and countable] an oily substance contained in certain foods:

Cream has a high fat content.

high/low in fat

This cheese is relatively low in fat.

You should think about reducing your fat intake (=the amount of fat you eat).

high-fat/low-fat

a low-fat diet ⇒ ↑saturated fat

3. [uncountable and countable] an oily substance taken from animals or plants and used in cooking:

Place the chicken in the hot fat.

4. **the fat is in the fire** used to say that there will be trouble because of something that has happened

5. **live off the fat of the land** to get enough money to live comfortably without doing much work

6. **run to fat** to start to become fat, especially because you are getting older or do not do much exercise

⇒ **chew the fat** at ↑chew¹(4), ⇒ ↑puppy fat

fat

Freakuency Pack

12500 **2881**^{MCW}

15000 **1035**^{COCA}

RANGE: **2k FAT** 45269

fat 39245

fatter 478

fattest 163

fatness 142

fatty 2199

fattier 51

fattiest 8

fattiness 0

fatten 219

fattening 313

fattened 168

fattens 28

fattish 13

fats 2242

COCA 500k Unlemmatized

6797 **1816**²³⁷⁴⁴ *nn1*

7980 **2751**¹⁵⁴⁸² *jj*

9 **227151**¹³ *nnu*

6 **348383**⁶ *np1*