

mineral1. [ˈmɪn(ə)rəl] *n*

1. 1) минерал, руда
- 2) *pl* полезные ископаемые
2. *pl* *разг.* = mineral waters

2. [ˈmɪn(ə)rəl] *a*

1. минеральный
 mineral resources /wealth/ - минеральные богатства, полезные ископаемые; недра
 mineral deposit - месторождение минералов
 mineral oil - нефть, нефтепродукт
 mineral wax - минеральный воск
 mineral - минеральный источник
2. *хим.* неорганический

mineral

Oxford Advanced Learners Dictionary 8th Ed.

min-eral [mineral minerals] *BrE* [ˈmɪnərəl] ¹ *NAmE* [ˈmɪnərəl] ² **noun**

1. **countable, uncountable** a substance that is naturally present in the earth and is not formed from animal or vegetable matter, for example gold and salt. Some **minerals** are also present in food and drink and in the human body and are essential for good health

- **mineral deposits/extraction**
- the recommended intake of vitamins and minerals

compare ↑vegetable

2. **countable, usually plural** (*BrE, formal*) (*NAmE* **soda**) a sweet drink in various flavours that has bubbles of gas in it and does not contain alcohol

- Soft drinks and minerals sold here.

See also: ↑sodaWord Origin:late Middle English: from medieval Latin **minerale**, neuter (used as a noun) of **mineralis**, from **minera** 'ore'.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:

- Many people take vitamin and mineral supplements.
- calcium and other minerals found in your bones
- foods that are rich in essential minerals
- to extract minerals from ores

mineral

Longman DOCE 5th Ed. (En-En)

min **er** **al** **W3** /'mɪnərəl/ *BrE* ^u *AmE* ^u *noun* [countable]

[Date: 1400-1500; Language: Medieval Latin; Origin: mineralis 'of mines', from Old French mine; ⇨ ↑mine²]

1. a substance that is formed naturally in the earth, such as coal, salt, stone, or gold. Minerals can be dug out of the ground and used:

^u The area is very rich in minerals.

^u a country with few mineral resources

2. a natural substance such as iron that is present in some foods and is important for good health:

^u Fish is a rich source of vitamins and minerals.

mineral

Freakuency Pack

12500 **4455**^{MCW}

15000 **3601**^{COCA}

RANGE: **4k** MINERAL ⁶⁰⁷³

mineral ³³¹⁹

minerals ²⁷⁵⁴

COCA 500k Unlemmatized

¹⁹⁴⁹ **9530**³²⁹⁴ *nn1*

¹⁷ **157842**²⁵ *np1*