

**moderation**[ˌmɒdə'reɪʃ(ə)n] *n*

- умеренность; сдержанность  
in moderation - умеренно; сдержанно  
moderation in eating - умеренность в еде  
to display /to show/ moderation - проявлять сдержанность  
to write [to speak] with moderation - писать [говорить] сдержанно  
the dizzying pirouette from dogma to moderation - головокружительный скачок от догматизма к умеренности
- спокойствие, выдержка; ровность (*характера*)
- ослабление  
even after sunset there was little moderation in temperature - даже после захода солнца жара не спала
- физ.* замедление  
moderation of neutrons - замедление нейтронов

**moderation**

Oxford Advanced Learners Dictionary 8th Ed.

**mod·er·a·tion** [moderation moderations] *BrE* [ˌmɒdə'reɪʃn] <sup>ˈ</sup> *NAmE*[ˌmɒdə'reɪʃ(ə)n] *n* noun uncountable

- the quality of being reasonable and not being extreme
  - There was a call for moderation on the part of the trade unions.
  - Alcohol should only ever be taken **in moderation** (= in small quantities) .
  - Moderation in eating and drinking is the way to stay healthy.
- (*BrE*) (in education) the process of making sure that the same standards are used by different people in marking exams, etc.

Word Origin:late Middle English: via Old French from Latin *moderatio(n)-*, from the verb *moderare* 'to control'; related to ↑*modest*.Example Bank:

- Drinking alcohol is all right in moderation.
- Moderation is the key to good health.
- The government called for greater moderation on the part of the unions.

**moderation**

Longman DOCE 5th Ed. (En-En)

**mod·e·ra·tion** /ˌmɒdə'reɪʃən \$ ˌmɑː-/ *BrE* <sup>ˈ</sup> *AmE* <sup>ˈ</sup> noun [uncountable]

- in moderation** if you do something in moderation, such as drinking alcohol or eating certain foods, you do not do it too much  
**OPP to excess:**
  - Some people think drinking in moderation can prevent heart disease.
- formal** control of your behaviour, so that you keep your actions, feelings, habits etc within reasonable limits  
**moderation in**
  - Moderation in diet is the way to good health.
  - He encouraged moderation and toleration on religious issues.
- formal** reduction in force, degree, speed etc

**moderation**

Freakuency Pack

12500 **7244**<sup>MCW</sup>15000 **7602**<sup>COCA</sup>RANGE: **6k MODERATION** <sup>1310</sup>moderation <sup>1310</sup>moderations <sup>0</sup>

COCA 500k Unlemmatized

1039 **17790**<sup>1310</sup> *nn1*