

**healthy**[ˈhelθi] *a*1. 1) **здоровый**

healthy appetite - здоровый аппетит

to be strong and healthy - быть сильным и здоровым

to be of healthy constitution - иметь здоровый /крепкий/ организм

to have a healthy look - иметь здоровый вид

to have a healthy colour - иметь цветущий вид

2) **здоровый, жизнеспособный, процветающий**

healthy economy - процветающая экономика

a healthy footing - здоровая основа

a healthy sign - хороший /обнадёживающий/ признак

the healthy state of a nation's finances [trade, industry] - хорошее состояние финансов [торговли, промышленности] страны

to make healthier - оздоравливать

3) **здравый, разумный**

healthy views - здравые взгляды

healthy judg(e)ment - здравое /разумное/ суждение /мнение/

2. 1) **полезный, здоровый**

healthy exercise - полезный моцион

healthy air [climate] - здоровый воздух [климат]

a healthy life /way of living/ - здоровый образ жизни

to lead a healthy life - вести здоровый образ жизни

healthy criticism - здоровая критика

healthy influence - благотворное влияние

healthy reading for the young - полезное чтение для молодых людей

2) **безопасный**

not a healthy spot to be in at that time - в такое время там небезопасно

3. *разг.* **большой, огромный; сильный, энергичный**

healthy cheque - чек на крупную сумму

healthy yells - энергичные /громкие/ возгласы

**healthy**

Oxford Advanced Learners Dictionary 8th Ed.

**healthy** [healthy healthier healthiest] *BrE* [ˈhelθi] <sup>m</sup> *NAmE* [ˈhelθi] <sup>m</sup> **adjective**

(health-ier, healthi-est)

## 1. having good health and not likely to become ill/sick

• a healthy child/animal/tree

• **Keep healthy** by eating well and exercising regularly.**Opp:** ↑unhealthy2. **usually before noun** good for your health• a **healthy diet/climate/lifestyle****Opp:** ↑unhealthy3. **usually before noun** showing that you are in good health

• to have a healthy appetite

• a shampoo that keeps hair looking healthy

4. **normal and sensible**

• The child showed a healthy curiosity.

• She has a healthy respect for her rival's talents.

• It's not healthy the way she clings to the past.

**Opp:** ↑unhealthy5. **successful and working well**

• a healthy economy

• Your car doesn't sound very healthy.

6. **usually before noun** large and showing success

• a healthy bank balance

• a healthy profit

Derived Words ↑healthily ▪ ↑healthinessThesaurus:**healthy** *adj.*

## 1.

• Keep healthy with good food and exercise.

**strong** • |especially BrE **fit** • |especially spoken **well** • • **fine** •**Opp:** sickly, **Opp:** unhealthy**feel/look** healthy/strong/fit/well/fine**keep (sb)** healthy/fit/well**fit and** healthy/strong/well2. **usually before noun**

• Many people are adopting a healthy lifestyle.

**good** • • **nutritious** • • **nourishing** •

**Opp:** unhealthy

a healthy/good/nutritious/nourishing **meal/diet**

healthy/good/nutritious/nourishing **food**

### Synonyms:

#### **well**

all right • OK • fine • healthy • strong • fit

These words all describe sb who is not ill and is in good health.

**well** • [not usually before noun] (*rather informal*) in good health: ▪ I'm not feeling very well. ◊ ▪ Is he well enough to travel?

**Well** is used especially to talk about your own health, to ask sb about their health or to make a comment on it.

**all right** • [not before noun] (*rather informal*) not feeling ill; not injured: ▪ Are you feeling all right?

**OK** • [not before noun] (*informal*) not feeling ill; not injured: ▪ She says she's OK now, and will be back at work tomorrow.

#### **all right or ok?**

These words are slightly less positive than the other words in this group. They are both used in spoken English to talk about not actually being ill or injured, rather than being positively in good health. Both are rather informal but **OK** is slightly more informal than **all right**.

**fine** • [not before noun] (not used in negative statements) (*rather informal*) completely well: ▪ 'How are you?' 'Fine, thanks.'

**Fine** is used especially to talk about your health, especially when sb asks you how you are. It is also used to talk about sb's health when you are talking to sb else. Unlike **well** it is not often used to ask sb about their health or make a comment on it: Are you keeping fine?

**healthy** • in good health and not likely to become ill: ▪ Keep healthy by exercising regularly.

**strong** • in good health and not suffering from an illness: ▪ After a few weeks she was feeling stronger.

**Strong** is often used to talk about becoming healthy again after an illness.

**fit** • (*especially BrE*) in good physical health, especially because you take regular physical exercise: ▪ I go swimming every day in order to keep fit.

all right/OK/fit **for** sth

all right/OK/fit **to do** sth

to **feel/look** well/all right/OK/fine/healthy/strong/fit

to **keep (sb)** well/healthy/fit

**perfectly** well/all right/OK/fine/healthy/fit

**physically** well/healthy/strong/fit

### Example Bank:

- Her good diet had kept her healthy.
- She looked pale, but otherwise healthy.
- The economy is extremely healthy at the moment.
- The rare disorder strikes apparently healthy boys between the ages of five and twelve.
- Their lifestyle is quite healthy.
- We have a very healthy diet.
- Working in the open air has made him very healthy.
- You look disgustingly healthy! How do you manage it?
- a new diet which is considered much healthier than previous ones
- He says he's ill, but he looks perfectly healthy to me.
- Here are ten tips for a healthy heart.
- I feel much healthier since I gave up smoking.
- Keep healthy by eating well and exercising regularly.
- Many people today are adopting a healthy lifestyle.
- More public awareness of healthy eating has made us think more about our diet.
- She gave birth to a healthy boy.
- The condition can affect otherwise healthy adults.

## healthy

Longman DOCE 5th Ed. (En-En)

**health**  **S3 W3** /'helθi/ *BrE* <sup>ˈ</sup> *AmE* <sup>ˈ</sup> *adjective* (comparative **healthier**, superlative **healthiest**)

[**Word Family:** **noun:** ↑health, ↑healthiness; **adverb:** ↑healthily ≠ ↑unhealthily; **adjective:** ↑healthy ≠ ↑unhealthy]

**1. PERSON/ANIMAL/PLANT** physically strong and not likely to become ill or weak:

▪ a healthy baby boy

▪ I've always been perfectly healthy until now.

**2. GOOD FOR YOUR BODY** good for your body:

▪ a healthy lifestyle

▪ a healthy diet

▪ the importance of healthy eating

**3. SHOWING GOOD HEALTH** showing that you are healthy:

▪ Her face had a healthy glow.

▪ All of our kids have healthy appetites (=they like to eat a lot).

**4. BEHAVIOUR/ATTITUDE** used to describe an attitude, feeling, or behaviour that is natural, normal, and sensible:

▪ I don't think it's healthy for her to spend so much time alone.

**healthy respect/disrespect/scepticism etc**

▪ a healthy disrespect for silly regulations

5. **COMPANY/RELATIONSHIP ETC** a healthy company, society, relationship, ↑**economy** etc is working effectively and successfully:

▪ a healthy economy with a well-trained workforce

6. **AMOUNT** large and showing that someone is successful – used about amounts of money:

▪ a healthy profit

▪ a healthy bank balance

—**healthily** *adverb*

—**healthiness** *noun* [uncountable]

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## THESAURUS

- **healthy** having good health: A good diet keeps you healthy. | They tested the drug on healthy volunteers.
- **well** used especially when describing or asking about how someone feels or looks: I don't feel well. | How was James – did he look well?
- **fine** *spoken* used in a reply to a question about your health, or when talking about someone else's health. Use **fine** only in replies, not in questions or statements: 'Hi, Tom, how are you?' 'Fine, thanks.' | She had a bad cold, but she's fine now.
- **all right/OK** *spoken* not ill or injured. These expressions are very commonly used in everyday spoken English: You look pale – are you feeling all right? | He's had an accident but he's OK.
- **better** less ill than you were, or no longer ill: I'm feeling a lot better now. | Don't come back to school until you're better.
- **fit** healthy, especially because you exercise regularly: She keeps fit by cycling everywhere. | Police officers have to be physically fit and have good eyesight.
- **in (good) shape** healthy and fit: Jogging keeps me in pretty good shape.
- **robust** *literary* healthy and strong, and not likely to become ill: He had a robust constitution (=a strong and healthy body). | robust plants | a robust girl, wearing a thick woollen sweater
- **be/look a picture of health** to look very healthy: She looked a picture of health as she posed for the cameras.

## healthy

Freakuency Pack

12500 **2254**<sup>MCW</sup>

15000 **288**<sup>COCA</sup>

RANGE: **1k** HEALTH 161742

health 131288

healthier 2627

healthiest 464

healthily 52

healthy 24380

unhealthy 1685

unhealthiest 10

healthful 1097

healthfully 110

healthfulness 29

COCA 500k Unlemmatized

15214 **1759**<sup>24365</sup> *jj*

8 **277679**<sup>9</sup> *nnu*

6 **344914**<sup>6</sup> *nn1*