

DIGEST

Meaning: DIGEST: To break down food in the body for absorption or to process and understand information.

1. It takes several hours for the body to digest a heavy meal.
2. Some people find it easier to digest information when it's presented visually.
3. After reading the article, she needed time to digest its complex ideas.
4. The digestive system is responsible for breaking down food so that nutrients can be absorbed.
5. He struggled to digest the shocking news about his friend's sudden departure.
6. It takes time for the body to digest food after a large meal.
7. Reading a good book is a great way to digest the events of the day.
8. She found it hard to digest the news of her friend's sudden departure.
9. The teacher encouraged students to digest the material thoroughly before the exam.
10. He needed a moment to digest the information before responding.
11. After a heavy meal, it often takes hours for the body to fully digest the food.
12. The book was so complex that I needed to take some time to digest its main ideas.
13. She struggled to digest the news of her friend's sudden departure.
14. The teacher encouraged students to digest the information at their own pace.
15. Fermentation helps some foods break down, making it easier for the body to digest them.