

NOURISHABLE

Meaning: NOURISHABLE: capable of providing or supporting nourishment for health and well-being.

1. A well-balanced diet is essential for maintaining nourishable habits throughout life.
2. Gardening can provide a variety of nourishable plants that enhance both health and well-being.
3. The community center offers workshops on how to prepare nourishable meals from locally sourced ingredients.
4. Understanding which foods are nourishable is key to supporting optimal physical and mental health.
5. Innovative farming techniques can help produce nourishable crops even in challenging climates.

Source: sentences.whatistheurl.com

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