

# NOURISHMENT

*Meaning: Nourishment is the food or substances necessary for growth, health, and development in living organisms.*

1. Nourishment is essential for growth and development in all living beings.
2. The farmer focused on providing organic nourishment to his crops.
3. Many cultures believe that food is not just sustenance, but a form of nourishment for the soul.
4. Proper nourishment can significantly improve a child's cognitive abilities and overall health.
5. She found emotional nourishment in the supportive words of her friends during difficult times.

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*Source: [sentences.whatistheurl.com](https://sentences.whatistheurl.com)*

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