

## Healthy Food

| #  |  |  |  | EXAMPLE                                    |
|----|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|--------------------------------------------|
| 1  | <b>healthy</b> <i>adjective</i>                                                   | sog'lom, foydali                                                                  | здоровый                                                                          | Fruit is <b>healthy</b> food.              |
| 2  | <b>breakfast</b> <i>noun</i>                                                      | nonushta                                                                          | завтрак                                                                           | I eat eggs for <b>breakfast</b> .          |
| 3  | <b>egg</b> <i>noun</i>                                                            | tuxum                                                                             | яйцо                                                                              | I want a boiled <b>egg</b> , please.       |
| 4  | <b>juice</b> <i>noun</i>                                                          | sharbat                                                                           | сок                                                                               | I drink apple <b>juice</b> every morning.  |
| 5  | <b>skip</b> <i>verb</i>                                                           | o'tkazib yubormoq                                                                 | пропускать                                                                        | Don't <b>skip</b> your lunch!              |
| 6  | <b>energy</b> <i>noun</i>                                                         | energiya, kuch-quvvat                                                             | энергия                                                                           | Sport gives me <b>energy</b> .             |
| 7  | <b>habit</b> <i>noun</i>                                                          | odat                                                                              | привычка                                                                          | Reading every day is a good <b>habit</b> . |
| 8  | <b>rice</b> <i>noun</i>                                                           | guruch                                                                            | рис                                                                               | Plov is made with <b>rice</b> and meat.    |
| 9  | <b>fast food</b> <i>noun</i>                                                      | tez tayyorlanadigan ovqat                                                         | фастфуд                                                                           | I don't eat <b>fast food</b> every day.    |
| 10 | <b>quick</b> <i>adjective</i>                                                     | tez                                                                               | быстрый                                                                           | Let's have a <b>quick</b> lunch.           |
| 11 | <b>cheap</b> <i>adjective</i>                                                     | arzon                                                                             | дешёвый                                                                           | Bread is <b>cheap</b> in Uzbekistan.       |
| 12 | <b>doctor</b> <i>noun</i>                                                         | shifokor, doktor                                                                  | врач                                                                              | The <b>doctor</b> says I need more sleep.  |
| 13 | <b>fruit</b> <i>noun</i>                                                          | meva                                                                              | фрукт                                                                             | Melons are my favourite <b>fruit</b> .     |
| 14 | <b>vegetable</b> <i>noun</i>                                                      | sabzavot                                                                          | овощ                                                                              | Carrots are healthy <b>vegetables</b> .    |
| 15 | <b>sugar</b> <i>noun</i>                                                          | shakar                                                                            | сахар                                                                             | I drink tea without <b>sugar</b> .         |
| 16 | <b>fat</b> <i>noun</i>                                                            | yog'                                                                              | жир                                                                               | This food has a lot of <b>fat</b> .        |
| 17 | <b>dinner</b> <i>noun</i>                                                         | kechki ovqat                                                                      | ужин                                                                              | We eat <b>dinner</b> together.             |
| 18 | <b>soup</b> <i>noun</i>                                                           | sho'rva, sup                                                                      | суп                                                                               | My mother makes tasty <b>soup</b> .        |
| 19 | <b>meat</b> <i>noun</i>                                                           | go'sht                                                                            | мясо                                                                              | I don't eat much <b>meat</b> .             |
| 20 | <b>salad</b> <i>noun</i>                                                          | salat                                                                             | салат                                                                             | I want a tomato <b>salad</b> .             |
| 21 | <b>rarely</b> <i>adverb</i>                                                       | kamdan-kam                                                                        | редко                                                                             | I <b>rarely</b> drink coffee.              |
| 22 | <b>sweet</b> <i>noun</i>                                                          | shirinlik                                                                         | сладость                                                                          | Children love <b>sweets</b> .              |
| 23 | <b>special</b> <i>adjective</i>                                                   | maxsus, alohida                                                                   | особый                                                                            | Today is a <b>special</b> day.             |
| 24 | <b>cake</b> <i>noun</i>                                                           | tort                                                                              | торт                                                                              | We have <b>cake</b> on my birthday.        |
| 25 | <b>enough</b> <i>adjective</i>                                                    | yetarli                                                                           | достаточно                                                                        | I don't have <b>enough</b> time.           |
| 26 | <b>water</b> <i>noun</i>                                                          | suv                                                                               | вода                                                                              | Drink a glass of <b>water</b> .            |
| 27 | <b>glass</b> <i>noun</i>                                                          | stakan                                                                            | стакан                                                                            | Can I have a <b>glass</b> of milk?         |
| 28 | <b>change</b> <i>verb</i>                                                         | o'zgartirmoq                                                                      | менять                                                                            | I want to <b>change</b> my phone.          |
| 29 | <b>mind</b> <i>noun</i>                                                           | aql, ong                                                                          | разум                                                                             | Reading is good for your <b>mind</b> .     |
| 30 | <b>easy</b> <i>adjective</i>                                                      | oson                                                                              | лёгкий                                                                            | This homework is <b>easy</b> .             |