

Understanding Food Allergies

#				EXAMPLE
1	allergy <i>noun</i>	allergiya	аллергия	I have an allergy to cats.
2	occur <i>verb</i>	sodir bo'lmoq	происходить	The reaction usually occurs within minutes.
3	immune system <i>noun</i>	immunitet tizimi	иммунная система	Stress can weaken your immune system .
4	mistakenly <i>adverb</i>	xato bilan, adashib	ошибочно	I mistakenly sent the message to my boss.
5	identify <i>verb</i>	aniqlamoq, tanimoq	определять, распознавать	The app identifies plants from a photo.
6	harmless <i>adjective</i>	zararsiz	безвредный	Most spiders are harmless .
7	threat <i>noun</i>	tahdid	угроза	The body sees the food as a threat .
8	reaction <i>noun</i>	reaksiya	реакция	She had a bad reaction to the medicine.
9	symptom <i>noun</i>	belgi, alomat	симптом	Fever is a common symptom of flu.
10	itchy <i>adjective</i>	qichishadigan	зудящий	Mosquito bites are very itchy .
11	rash <i>noun</i>	toshma	сыпь	He got a red rash after eating strawberries.
12	severe <i>adjective</i>	og'ir, jiddiy	тяжёлый, сильный	He has severe back pain.
13	life-threatening <i>adjective</i>	hayot uchun xavfli	опасный для жизни	A peanut allergy can be life-threatening .
14	anaphylaxis <i>noun</i>	anafilaksiya (kuchli allergik shok)	анафилаксия	Anaphylaxis needs emergency treatment.
15	immediate <i>adjective</i>	zudlik bilan, darhol	немедленный	The problem needs immediate action.
16	emergency <i>adjective</i>	shoshilinch, favqulodda	экстренный	He was taken to the emergency room.
17	likely <i>adjective</i>	ehtimoli bor	вероятный	Children are more likely to have food allergies.
18	trigger <i>noun</i>	qo'zg'atuvchi omil	провоцирующий фактор	Dust is a common trigger for asthma.
19	shellfish <i>noun</i>	qisqichbaqasimonlar	моллюски	Prawns and crabs are types of shellfish .
20	rate <i>noun</i>	darajasi, ko'rsatkich	уровень, показатель	Rates of obesity are rising.
21	increase <i>noun</i>	o'sish	рост	There has been an increase in prices.
22	diagnose <i>verb</i>	tashxis qo'ymoq	ставить диагноз	The doctor diagnosed a broken arm.
23	history <i>noun</i>	kasallik tarixi (tibbiy)	история болезни, анамнез	The doctor asked about my medical history .
24	skin-prick test <i>noun</i>	teriga igna bilan allergiya sinovi	кожная проба (скарификационный тест)	A skin-prick test showed she was allergic to nuts.
25	supervised <i>adjective</i>	nazorat ostidagi	под наблюдением	Children can swim only in supervised areas.
26	challenge <i>noun</i>	(tibbiy) nazorat ostidagi sinov	провокационная проба	The doctor did a food challenge to check the allergy.

27	suspected <i>adjective</i>	gumon qilingan	предполагаемый	He was taken to hospital with a suspected heart attack.
28	allergen <i>noun</i>	allergen	аллерген	Pollen is a common allergen .
29	observation <i>noun</i>	kuzatuv	наблюдение	The patient stayed in hospital for observation .
30	cure <i>noun</i>	davo	лекарство (излечение)	There is no cure for the common cold.
31	avoidance <i>noun</i>	chetlab o'tish, qochish	избегание	Avoidance of sugar helped him lose weight.
32	preparation <i>noun</i>	tayyorlash	приготовление	Food preparation takes a long time in Uzbek kitchens.
33	medication <i>noun</i>	dori	лекарство	Keep all medication away from children.
34	adrenaline <i>noun</i>	adrenalin	адреналин	Adrenaline gives you energy when you're scared.
35	exposure <i>noun</i>	ta'sirga uchrash	воздействие, контакт	Long exposure to the sun can damage your skin.
36	social <i>adjective</i>	ijtimoiy	социальный	A party is a social event.
37	planning <i>noun</i>	rejalashtirish	планирование	The trip needs careful planning .
38	labelling <i>noun</i>	yorliqlash, tamg'alash	маркировка	Clear food labelling helps people with allergies.
39	invisible <i>adjective</i>	ko'rinmas	невидимый	Some illnesses are invisible to other people.
40	condition <i>noun</i>	kasallik, holat	заболевание, состояние	Diabetes is a serious condition .

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