

Why Bilingual Brains Are Different

#				EXAMPLE
1	population <i>noun</i>	aholi	население	A large part of the population is under 30.
2	increasingly <i>adverb</i>	tobora	всё более	English is increasingly important in Uzbekistan.
3	store <i>verb</i>	saqlamoq	хранить	The brain stores memories while we sleep.
4	vocabulary <i>noun</i>	so'z boyligi	словарный запас	Children's vocabularies grow fast at this age.
5	bilingualism <i>noun</i>	ikki tillilik	билингвизм	Bilingualism is common in Tashkent.
6	process <i>verb</i>	qayta ishlamoq (ma'lumot)	обрабатывать	Children process new information very quickly.
7	function <i>verb</i>	ishlamoq, faoliyat ko'rsatmoq	функционировать, работать	The brain functions better after a good sleep.
8	generally <i>adverb</i>	umuman olganda	в целом, обычно	I generally go to bed at eleven.
9	inhibition <i>noun</i>	tormozlash, bostirish	торможение, подавление	Alcohol reduces inhibition .
10	irrelevant <i>adjective</i>	aloqasiz	не относящийся к делу	That question is irrelevant to our discussion.
11	bilingual <i>adjective</i>	ikki tilli	двухязычный	Many children in Tashkent are bilingual in Uzbek and Russian.
12	active <i>adjective</i>	faol	активный	Both languages stay active in the brain.
13	suppress <i>verb</i>	bostirmoq, tiymoq	подавлять	She tried to suppress a laugh.
14	strengthen <i>verb</i>	mustahkamlamoq	укреплять	Reading strengthens your vocabulary.
15	control <i>noun</i>	nazorat, boshqaruv	контроль	Self- control is important when you're angry.
16	attention <i>noun</i>	diqqat	внимание	Please pay attention to the instructions.
17	individual <i>noun</i>	shaxs	человек, личность	Every individual learns in a different way.
18	switch <i>verb</i>	o'tmoq, almashtirmoq	переключаться	She can switch between English and Uzbek easily.
19	ignore <i>verb</i>	e'tibor bermaslik	игнорировать	Just ignore the noise and keep working.
20	distracting <i>adjective</i>	chalg'ituvchi	отвлекающий	The music is too distracting — I can't study.
21	problem-solving <i>noun</i>	muammo yechish	решение проблем	Maths develops problem-solving skills.
22	multitasking <i>noun</i>	bir vaqtda bir necha ish bajarish	многозадачность	Multitasking can make you less productive.
23	striking <i>adjective</i>	ko'zga tashlanadigan, hayratlanarli	поразительный	There's a striking difference between the two cities.
24	finding <i>noun</i>	natija, kashfiyot (tadqiqotda)	результат, вывод	The most surprising finding was about sleep.
25	ageing <i>noun</i>	qarish	старение	Exercise slows down ageing .

26	lifelong <i>adjective</i>	umrbod	пожизненный	They have been lifelong friends.
27	symptom <i>noun</i>	alomat	симптом	Headache is a common symptom of stress.
28	dementia <i>noun</i>	demensiya	деменция	My grandmother suffers from dementia .
29	on average <i>phrase</i>	o'rtacha	в среднем	On average , people check their phones 90 times a day.
30	monolingual <i>adjective</i>	bir tilli	одноязычный	Monolingual dictionaries explain words in the same language.
31	cognitive reserve <i>noun</i>	aqliy xazira	когнитивный резерв	Learning new skills builds cognitive reserve .
32	capacity <i>noun</i>	imkoniyat, sig'im	способность, ёмкость	The stadium has a capacity of 30,000.
33	note <i>verb</i>	qayd etmoq, ta'kidlamog	отмечать	It's worth noting that prices may change.
34	effect <i>noun</i>	ta'sir	эффект, влияние	The medicine had no side effects .
35	education <i>noun</i>	ta'lim	образование	Education is the key to success.
36	socioeconomic <i>adjective</i>	ijtimoiy-iqtisodiy	социально-экономический	Students come from different socioeconomic backgrounds.
37	frequently <i>adverb</i>	tez-tez	часто	Buses run frequently during the day.
38	role <i>noun</i>	rol	роль	Parents play a key role in their children's success.
39	conversation <i>noun</i>	suhbat	разговор	We had a long conversation about the future.
40	tongue <i>noun</i>	til	язык	Uzbek is my mother tongue .

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