

How to Stay Healthy

#				EXAMPLE
1	energy <i>noun</i>	energiya, quvvat	энергия	After a good night's sleep, I have much more energy .
2	happy <i>adjective</i>	baxtli, xursand	счастливый	You look much happier today.
3	mind <i>noun</i>	ong, aql	разум	Reading keeps your mind active as you get older.
4	balanced diet	muvozanatli ovqatlanish	сбалансированное питание	A balanced diet includes fruit, vegetables and protein.
5	grain <i>noun</i>	don mahsulotlari	злаки	Rice and wheat are the most common grains in Uzbekistan.
6	protein <i>noun</i>	oqsillar	белки	Eggs and fish are good sources of protein .
7	bean <i>noun</i>	loviya	фасоль	My mother adds beans to the soup to make it thicker.
8	plenty of	yetarlicha, ko'p	много	Drink plenty of water when the weather is hot.
9	avoid <i>verb</i>	qochmoq, saqlanmoq	избегать	Try to avoid eating late at night.
10	sugar <i>noun</i>	shakar	сахар	I take my tea without sugar .
11	salt <i>noun</i>	tuz	соль	Don't put too much salt in the soup.
12	fast food	tez tayyorlanadigan ovqat	фастфуд	Eating fast food every day is bad for your health.
13	exercise <i>noun</i>	jismoniy mashqlar	физические упражнения	Swimming is great exercise for the whole body.
14	active <i>adjective</i>	faol, harakatchan	активный	My grandmother is still very active at eighty.
15	include <i>verb</i>	o'z ichiga olmoq	включать	The price includes breakfast.
16	cycle <i>noun</i>	velosipedda yurish	езда на велосипеде	I cycle to work when the weather is nice.
17	dance <i>noun</i>	raqsga tushish	танцы	Everyone got up to dance at the wedding.
18	regular <i>adjective</i>	muntazam	регулярный	Regular exercise can help you sleep better.
19	heart <i>noun</i>	yurak	сердце	Running is good for your heart .
20	muscle <i>noun</i>	mushaklar	мышцы	My leg muscles hurt after the long walk.
21	fit <i>adjective</i>	baquvvat, sog'lom	в форме	He goes to the gym to stay fit .
22	rest <i>noun</i>	dam olish	отдых	The doctor told me to get some rest .
23	key to	kalit, muhim omil	ключ к	Practice is the key to speaking a language well.
24	adult <i>noun</i>	kattalar	взрослые	Tickets cost 20,000 som for adults and 10,000 for children.
25	between <i>preposition</i>	orasida	между	The shop is open between 9 and 6.
26	repair <i>verb</i>	tiklamoq, tuzatmoq	восстанавливать	Your body repairs itself while you sleep.
27	brain <i>noun</i>	miya	мозг	Puzzles keep your brain active.

28	stressed <i>adjective</i>	asabiylashgan, stressda	в стрессе	Students often feel stressed before exams.
29	concentrate <i>verb</i>	diiqqatni jamlamoq	концентрироваться	I can't concentrate when the TV is on.
30	mental health	ruhiy salomatlik	психическое здоровье	Talking to friends is good for your mental health .
31	spend time	vaqt o'tkazish	проводить время	I love to spend time with my grandparents.
32	enjoy <i>verb</i>	zavqlanmoq	наслаждаться	We are enjoying the warm weather.
33	relax <i>verb</i>	dam olmoq, bo'shashmoq	расслабляться	I relax by listening to music in the evening.
34	reduce <i>verb</i>	kamaytirmoq	уменьшать	Walking to work reduces pollution and saves money.
35	stress <i>noun</i>	stress, tashvish	стресс	Exams can cause a lot of stress for students.
36	worried <i>adjective</i>	xavotirli	обеспокоенный	My mother gets worried if I come home late.
37	idea <i>noun</i>	fikr, g'oya	идея, мысль	It's a good idea to sleep early before a test.
38	follow <i>verb</i>	amal qilmoq, rioya qilmoq	следовать	Follow the doctor's advice and you will get better.
39	step <i>noun</i>	qadamlar	шаги	The first step is to decide what you really want.
40	healthy <i>adjective</i>	sog'lomroq	более здоровый	Fresh fruit is a healthy snack.

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