

The Problem of Plastic Pollution

#				EXAMPLE
1	daily life	kundalik hayot	повседневная жизнь	Smartphones have changed our daily lives completely.
2	packaging <i>noun</i>	qadoqlash materiallari	упаковка	Too much packaging ends up in the rubbish.
3	cheap <i>adjective</i>	arzon	дешёвый	Buses are a cheap way to travel around the city.
4	light <i>adjective</i>	yengil	лёгкий	Take a light jacket — it might be cool tonight.
5	popular <i>adjective</i>	mashhur, ommabop	популярный	Football is the most popular sport in Uzbekistan.
6	serious <i>adjective</i>	jiddiy	серьёзный	Air pollution is a serious problem in big cities.
7	downside <i>noun</i>	salbiy tomon, kamchilik	недостаток, минус	The only downside of the flat is the noise from the road.
8	harm <i>verb</i>	zarar yetkazmoqda	вредит, наносит вред	Too much sun can harm your skin.
9	planet <i>noun</i>	sayyora	планета	We need to take better care of our planet .
10	break down <i>verb</i>	parchalanmoq	разлагаться	Food waste breaks down quickly in the soil.
11	hundreds of years <i>phrase</i>	yuzlab yillar	сотни лет	This bridge was built hundreds of years ago.
12	disappear <i>verb</i>	yo'qolib ketmoq	исчезать	The cat disappeared for two days and then came home.
13	cause <i>verb</i>	sabab bo'lmoq, keltirib chiqarmoq	вызывать, причинять	The storm caused a lot of damage.
14	item <i>noun</i>	buyumlar, narsalar	предметы, изделия	Please check every item on the shopping list.
15	river <i>noun</i>	daryo	река	The Amu Darya is the longest river in Central Asia.
16	ocean <i>noun</i>	okeanlar	океаны	Whales travel thousands of kilometres across the ocean .
17	turtle <i>noun</i>	toshbaqa (dengiz)	черепаха	Sea turtles can live for over 50 years.
18	mistake <i>verb</i>	adashtirmoq, xato qilib qabul qilmoq	принимать по ошибке	People often mistake my sister for me.
19	sick <i>adjective</i>	kasal	больной	I felt sick after eating too much cake.
20	tiny piece	mayda bo'laklar	крошечные частицы	The glass broke into tiny pieces .
21	microplastic <i>noun</i>	mikroplastik	микропластик	Scientists have found microplastics in bottled water.
22	spread <i>verb</i>	tarqalmoq	распространяться	The fire spread quickly through the dry grass.
23	breathe <i>verb</i>	nafas olmoq	дышать	It's hard to breathe when the air is so dusty.
24	scientist <i>noun</i>	olimlar	учёные	Scientists are trying to find a cure for the disease.

25	study <i>verb</i>	o'rganmoqda	изучают	She is studying the effects of sleep on memory.
26	effect <i>noun</i>	ta'sirlar, oqibatlar	последствия, эффекты	Coffee has a strong effect on me — I can't sleep.
27	human health	inson salomatligi	здоровье человека	Air pollution is a danger to human health .
28	growing <i>adjective</i>	o'sib borayotgan	растущий	There is a growing interest in learning English.
29	concern <i>noun</i>	tashvish, xavotir	беспокойство, озабоченность	The rising cost of food is a big concern for families.
30	pollution <i>noun</i>	ifloslanish	загрязнение	The river is full of pollution from the factory.
31	carry <i>verb</i>	ko'tarib yurmoq, olib yurmoq	носить, нести	I always carry a bottle of water.
32	reusable <i>adjective</i>	qayta ishlatiladigan	многоразовый	I always take a reusable bag when I go shopping.
33	single-use <i>adjective</i>	bir martalik	одноразовый	Many cafés have stopped using single-use cups.
34	government <i>noun</i>	hukumatlar	правительства	The government plans to build more schools.
35	solution <i>noun</i>	yechimlar	решения	We need to find a solution to the traffic problem.
36	ban <i>verb</i>	taqiqlamoq	запрещать	The city has banned cars from the old town.
37	straw <i>noun</i>	trubkachalar (ichish uchun)	трубочки (для питья)	Can I have a paper straw , please?
38	recycle <i>verb</i>	qayta ishlamoq	перерабатывать	We recycle paper and glass at our school.
39	individual <i>noun</i>	shaxs, alohida inson	отдельный человек	Every individual can help the environment.
40	clean <i>adjective</i>	toza	чистый	The air is cleaner in the mountains.

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