

The Truth About Superfoods

#				EXAMPLE
1	grocery store	oziq-ovqat do'koni	продуктовый магазин	I need to stop at the grocery store for milk.
2	label	yorliqlangan, nomlangan	маркированный	The jar was labeled "Honey."
3	quinoa	kinoa	киноа	Quinoa is a grain from South America.
4	chia seed	chia urug'lari	семена чиа	She adds chia seeds to her morning yoghurt.
5	title <i>noun</i>	nom, unvon	название, звание	What's the title of the book?
6	magical power	sehrli kuchlar	магическая сила	In the story, the old lamp had magical powers .
7	term <i>noun</i>	atama	термин	'Fast food' is a common term in English.
8	scientifically speaking	ilmiy nuqtai nazardan	с научной точки зрения	Scientifically speaking , tomatoes are a fruit, not a vegetable.
9	surprise <i>verb</i>	hayratlantirmoq	удивлять	The news surprised everyone.
10	marketing company	marketing kompaniyalari	маркетинговые компании	The marketing company created a new advert for the bank.
11	nutrition researcher	ovqatlanish bo'yicha tadqiqotchilar	исследователи в области питания	Nutrition researchers study how food affects our health.
12	official list	rasmiy ro'yxat	официальный список	Her name is on the official list of winners.
13	formally define	rasman belgilaydi	официально определяет	The dictionary formally defines the word.
14	attract customers	mijozlarni jalb qilish	привлекать покупателей	The café plays music to attract customers .
15	solid scientific proof	puxta ilmiy dalil	надёжное научное доказательство	There is no solid scientific proof that this tea helps you lose weight.
16	leafy green	bargli sabzavotlar	листовая зелень	Spinach and other leafy greens are full of iron.
17	genuinely <i>adverb</i>	chindan	искренне, действительно	She was genuinely happy for me.
18	vitamin <i>noun</i>	vitamin	витамин	Oranges are full of vitamin C.
19	antioxidant	antioksidantlar	антиоксиданты	Green tea contains many antioxidants .
20	exaggerated claim	bo'rttirilgan da'volar	преувеличенные заявления	Be careful of adverts with exaggerated claims .
21	nutritious	to'yimli	питательный	Soup with vegetables is cheap and nutritious .
22	prevent illness	kasallikning oldini olish	предотвращать болезнь	Washing your hands helps prevent illness .
23	replace <i>verb</i>	o'rnini bosmoq, almashtirmoq	заменять	Nothing can replace a good night's sleep.
24	healthy lifestyle	sog'lom turmush tarzi	здоровый образ жизни	Regular exercise is part of a healthy lifestyle .

25	undo <i>verb</i>	bekor qilmoq	отменять, сводить на нет	One healthy meal can't undo a week of fast food.
26	poor diet	yomon ovqatlanish	плохое питание	A poor diet can make you feel tired.
27	nutrition expert	ovqatlanish mutaxassislari	эксперты по питанию	A nutrition expert gave a talk at our school.
28	consistently <i>adverb</i>	doimiy ravishda	последовательно, постоянно	She consistently gets top marks.
29	balanced diet	muvozanatli ovqatlanish	сбалансированное питание	Eat a balanced diet with plenty of vegetables.
30	ingredient	tarkibiy qism	ингредиент	What's the secret ingredient in this sauce?
31	variety	xilma-xillik	разнообразие	The menu offers a good variety of dishes.
32	whole grain	to'liq g'alla mahsulotlari	цельные злаки	Whole grain bread is better for you than white bread.
33	trendy item	moda buyumi	модный продукт	That bag was a trendy item last year, but now nobody uses it.
34	wide range of nutrients	keng ko'lamdagi ozuqa moddalari	широкий спектр питательных веществ	Colourful vegetables give you a wide range of nutrients .
35	bigger picture	kattaroq manzara, umumiy holat	общая картина	Don't worry about small mistakes — look at the bigger picture .
36	certainly <i>adverb</i>	albatta, shubhasiz	безусловно	It will certainly rain tomorrow.
37	shortcut	qisqa yo'l	короткий путь	There are no shortcuts to learning a language.
38	wellness	sog'lomlik, farovonlik	благополучие, здоровье	The hotel has a wellness centre with a pool.
39	consistent, balanced eating habits	izchil va muvozanatli ovqatlanish odatlari	постоянные, сбалансированные привычки питания	Doctors recommend consistent, balanced eating habits .
40	latest <i>adjective</i>	eng so'nggi	последний, новейший	Have you seen his latest film?

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