



COMPARATIVE SEMANTIC ANALYSIS OF HEALTHY NUTRITION TERMINOLOGY IN ENGLISH AND UZBEK

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Abstract. *This article presents a comparative and semantic analysis of key healthy nutrition terms in English and Uzbek. The study focuses on ten essential terms: protein, fiber, vitamins, diet, calorie, metabolism, gluten, carbohydrates, and organic foods. The main objective is to examine how these terms are understood, translated, and used in both languages, as well as to identify similarities and differences in their meanings and usage. The research is based on semantic, comparative, contextual, and descriptive methods. The findings reveal that while many terms have direct equivalents in Uzbek, their meanings are not always fully understood by the general population. In English, nutritional terminology is more standardized, concise, and widely used in both scientific and everyday contexts. In contrast, in Uzbek, some terms are expressed through explanations, multiple variants, or borrowed forms, which may lead to misunderstanding or incomplete comprehension. The study also highlights that cultural and linguistic factors influence the interpretation of these terms. For example, certain concepts like “diet” or “calorie” are often misinterpreted in everyday usage. Therefore, providing clear and accurate explanations of these terms in Uzbek is essential for improving public awareness of healthy nutrition.*

Keywords: *healthy nutrition, terminology, semantic analysis, comparative analysis, protein, fiber, vitamins, diet, calorie, metabolism, gluten, carbohydrates, Uzbek language, English language*



Introduction

Healthy nutrition is one of the most important factors in maintaining human health and preventing diseases. The terminology related to this field is significant not only from a medical perspective but also from a linguistic point of view. Today, due to the increasing popularity of fast food and various unhealthy snacks, many diseases are emerging, and in recent years, the issue of healthy nutrition has become a focus not only of medicine but also of social and linguistic research. Although concepts such as “healthy eating,” “diet,” “vitamins,” and “calories” are widely used among people, their meanings are often not fully and clearly understood. In particular, terms borrowed from English are sometimes misinterpreted or superficially understood in Uzbek. For example, many people associate the word “diet” only with weight loss, and consider “calories” as something purely harmful. In fact, these terms have much broader and more scientific meanings. While English, as a global scientific language, expresses healthy nutrition terminology in a clear and standardized way, in Uzbek these terms have been formed through various means such as translation, borrowing, and explanation. Therefore, this article analyzes several important healthy nutrition terms — protein, fiber, vitamins, diet, calorie, metabolism, gluten, carbohydrates, and organic foods — in both English and Uzbek in depth.

The aim of the research is to study these terms from semantic, comparative, contextual, and descriptive perspectives, to provide clear and accurate explanations of their meanings in Uzbek, and to improve public awareness of healthy nutrition.

Methodology

This study adopts a qualitative and comparative research design to analyze key healthy nutrition terms in English and Uzbek. The main aim of the methodology is to provide a clear, systematic, and in-depth understanding of how these terms are formed, interpreted, and used in both languages. First, a selection method was applied to identify ten core nutrition-related terms: protein, fiber, vitamins, diet, calorie, metabolism, gluten, carbohydrates, and organic foods. These terms were chosen because they are widely used in both scientific literature and everyday communication, yet often misunderstood by the general public. Second, the study



employs a semantic analysis approach. Each term is examined in terms of its meaning, scope, and conceptual depth in both English and Uzbek. This includes identifying whether the meaning is fully equivalent, partially equivalent, or culturally adapted in translation. Third, a comparative analysis is conducted to highlight similarities and differences between the two languages.

This involves analyzing:

- word formation (single-word vs. multi-word expressions),
- borrowing vs. translation,
- degree of standardization in each language.

Fourth, the research uses a contextual analysis method. Each term is analyzed within real-life contexts, including:

- scientific and academic texts,
- health-related recommendations,
- everyday spoken language.

This helps to understand how the meaning of each term may change depending on usage and audience. Fifth, a descriptive method is applied to explain each term in a simple and accessible way, especially in Uzbek. The goal is to make complex nutritional concepts understandable for non-specialists and general readers. Additionally, the study considers common misunderstandings and misinterpretations of these terms among the population. This allows the research to not only compare languages but also evaluate how effectively these terms communicate meaning in real-life situations. So this mixed methodological approach ensures a comprehensive analysis by combining linguistic theory with practical usage, making the findings both academically valuable and socially relevant.

Results

The analysis of the selected ten healthy nutrition terms — protein, fiber, vitamins, diet, calorie, metabolism, gluten, fructose, carbohydrates, and organic foods — reveals several significant findings related to their semantic equivalence, linguistic structure, contextual usage, and level of comprehension in English and



Uzbek. The study demonstrates that although most of these terms share a common scientific basis, their interpretation and usage differ notably between the two languages.

First of all, the results indicate that a number of the analyzed terms have direct semantic equivalents in Uzbek. Terms such as protein (oqsil), vitamins (vitaminlar), calorie (kaloriya), fructose (fruktoza), and carbohydrates (uglevodlar) largely preserve their original meanings and are used similarly in scientific contexts. These terms can be considered international in nature, as they have been widely adopted without significant semantic change. However, the study also reveals that not all terms demonstrate full equivalence. In particular, the term diet shows a clear semantic shift. While in English it refers to an overall pattern of eating, in Uzbek it is often interpreted more narrowly as parhez, typically associated with illness or weight loss. A similar issue is observed with the term fiber, which lacks a single standardized equivalent and is expressed through different variants such as tolali modda and kletchatka, leading to inconsistency in understanding. In terms of linguistic structure, the findings show that English terminology tends to be more concise and standardized, often represented by single-word units. In contrast, Uzbek equivalents are frequently expressed through multi-word combinations or descriptive phrases. For example, the term metabolism is translated as modda almashinuvi, which reflects a more explanatory approach. Furthermore, the analysis identifies different strategies of term formation in Uzbek, including direct borrowing, literal translation, and descriptive explanation. While these strategies contribute to the richness of the language, they also result in variability and a lack of uniformity. The contextual analysis further demonstrates that English nutrition terminology is widely used across various domains, including academic discourse, media, and everyday communication. In Uzbek, however, such terms are more commonly found in formal or educational settings, whereas in daily speech people tend to rely on simpler or more familiar expressions. This difference affects how effectively the terms are understood and applied in real-life situations. Another important finding of the study is the gap between scientific definitions and public understanding. Many individuals



interpret key terms in a limited or inaccurate way. For instance, calorie is often perceived as something inherently harmful rather than a neutral unit of energy, while diet is commonly associated only with weight loss. In addition, relatively newer terms such as gluten and organic foods are not yet fully integrated into Uzbek usage and are often misunderstood or associated with popular trends rather than their actual scientific meaning.

Discussion

The findings of this study reveal several important linguistic and conceptual differences in the use and understanding of healthy nutrition terminology in English and Uzbek. Although most of the analyzed terms share a common scientific basis, their interpretation, usage, and level of comprehension differ significantly between the two languages.

Firstly, one of the key observations is the difference in the degree of standardization. In English, nutrition-related terms such as protein, metabolism, and carbohydrates are well-established, concise, and consistently used across scientific, educational, and everyday contexts. In contrast, Uzbek equivalents are often expressed through descriptive phrases (e.g., *modda almashinuvi* for metabolism) or exist in multiple variants (e.g., fiber as *tolali modda* or *kletchatka*). This lack of uniformity can lead to confusion and inconsistency in understanding.

Secondly, the study highlights the issue of semantic misunderstanding among the general population. Many people interpret terms like diet and calorie in a limited or incorrect way. For instance, diet is frequently associated only with weight loss, while calorie is often perceived as something negative, rather than as a neutral unit of energy. These misconceptions indicate a gap between scientific meaning and everyday usage, particularly in Uzbek-speaking contexts. Another important aspect is the influence of cultural and social factors. In Uzbek culture, traditional views on food, such as preference for home-cooked meals and natural products, shape how people understand healthy eating. However, with the growing influence of globalization and the spread of fast food culture, new terms like organic foods and gluten are entering the language. These terms are not yet fully integrated or clearly



understood, which creates additional challenges for effective communication. The contextual usage of terms also differs. In English, nutrition terminology is actively used not only in academic texts but also in media, marketing, and daily conversations. In Uzbek, however, such terms are more common in formal or scientific contexts and are less frequently used in everyday speech, where simpler or more general expressions are preferred.

Moreover, the analysis shows that borrowing and translation strategies play a crucial role in shaping Uzbek nutrition terminology. Some terms are directly borrowed (vitamin, calorie, gluten), while others are translated descriptively (balanced diet → muvozanatli ovqatlanish). While both strategies are useful, they may result in inconsistencies if not standardized. In short, the discussion confirms that improving public understanding of healthy nutrition requires not only scientific education but also linguistic clarity. It is important to simplify complex terms, ensure consistent usage, and adapt them to the cultural and linguistic context of Uzbek speakers. Thus, this study contributes to both linguistic and health-related research by showing that accurate terminology is essential for effective communication and for promoting healthier lifestyles among the population. The article emphasizes the importance of standardizing and simplifying healthy nutrition terminology in Uzbek to ensure better understanding and promote healthier lifestyles.

Conclusion

In conclusion, this study has demonstrated that healthy nutrition terminology in English and Uzbek shares a common scientific foundation but differs significantly in terms of usage, clarity, and standardization. The analysis of key terms such as protein, fiber, vitamins, diet, calorie, metabolism, gluten, carbohydrates, and organic foods shows that while many of them have direct equivalents in Uzbek, their meanings are not always fully understood by the general public. The findings reveal that English terminology is more concise, standardized, and widely used in both academic and everyday contexts. In contrast, Uzbek terminology often relies on descriptive translations, borrowed forms, or multiple variants, which may lead to



confusion or partial understanding. As a result, important concepts related to healthy nutrition are sometimes misinterpreted, especially in everyday communication.

Furthermore, the study highlights that linguistic and cultural factors play a crucial role in shaping how these terms are perceived and used. Misunderstanding key terms such as “diet” and “calorie” can negatively influence people’s eating habits and overall health awareness. Therefore, it is essential to improve the clarity, consistency, and accessibility of healthy nutrition terminology in Uzbek. Providing simple, accurate, and scientifically grounded explanations can help increase public understanding and promote healthier lifestyles.

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