

*Radjabova Azima Temurovna**Master, English Teacher Department of Language in Bukhara Zarmed University, Uzbekistan***SEMANTIC PARALLELISM IN UZBEK FOOD NAMES AND PROVERBS**

Abstract. This article explores the concept of semantic parallelism in the context of Uzbek food names and their usage in proverbs. Semantic parallelism refers to the way different concepts, often from unrelated domains, are linked through their shared qualities or symbolic meanings. In Uzbek proverbs, food names serve not just as references to physical sustenance, but as vehicles for deeper cultural, social, and moral lessons. By analysing the metaphoric and symbolic roles that food names play in Uzbek proverbs, this article aims to highlight how these expressions reflect the values, behaviours, and philosophies inherent in Uzbek society. Key food-related concepts like palov (pilaf), non (bread), chuchvara (dumplings), and lag'mon (noodles) are used to explore how these proverbs convey wisdom, reinforce social bonds, and shape individual and collective identities.

Keywords: Semantic parallelism, food names, Uzbek proverbs, metaphors, culture, linguistics, symbolism, hospitality, morality, social bonds.

The study of language, particularly in the context of cultural expressions like proverbs, provides insight into the values, attitudes, and behaviours of a society. In Uzbek culture, food holds a central position, both in daily life and in the symbolic and metaphorical constructions of language. Food-related terms are not merely descriptive; they are charged with cultural significance and often serve as metaphors for broader concepts like life, generosity, and patience. This article focuses on the phenomenon of **semantic parallelism** in Uzbek proverbs, where food names function as metaphors that draw parallels between everyday life and deeper existential or social truths.

Semantic parallelism, a linguistic concept in which two ideas or elements are linked through shared characteristics, is particularly evident in the use of food terms in Uzbek proverbs. These proverbs often draw direct or indirect comparisons between food items and human experiences, behaviours, or societal norms. By examining specific examples, this paper seeks to analyse how food metaphors help to communicate social values, shape perceptions, and guide behaviour within the context of Uzbek society.

In this passage we can see the concept of semantic parallelism in language. Semantic parallelism occurs when two concepts are linked or juxtaposed based on shared features, even if they originate from different spheres. In proverbs, this phenomenon allows abstract or complex concepts to be understood more easily by connecting them to more concrete, tangible experiences. In the case of food names in Uzbek proverbs, food serves as an accessible metaphor to explain values such as patience, generosity, and the consequences of one's actions. This is particularly important in a culture like that of Uzbekistan, where food is not just sustenance but a cultural and social marker.

Symbolism of Food in Uzbek Proverbs

Food in Uzbek culture is imbued with layers of meaning that extend beyond mere consumption. Key food items, such as palov (pilaf), non (bread), lag'mon (noodles), and chuchvara (dumplings), carry deep symbolic weight, often representing life itself, prosperity, hospitality, and social harmony. Proverbs that incorporate these food items often use them to symbolize broader life principles.

For example:

- **"Non bor joyda jon bor."** (Where there is bread, there is life.)

In this proverb, we can see that bread symbolizes the fundamental needs of life. It is often seen as a symbol of basic sustenance, and the phrase highlights the essential role that basic provisions play in maintaining one's survival and well-being.

- **"Sho'rva qaynatmasdan sho'rva ta'mini bilib bo'lmaydi."** (You can't know the taste of soup without boiling it.)

This proverb connects the preparation of food to the need for effort in life. Just as soup needs to be boiled to bring out its full flavour, life requires patience and effort to yield its rewards.

Food Names as Metaphors for Social and Moral Values

Uzbek proverbs frequently use food names to teach moral lessons or highlight social values. Food metaphors are a common way to express principles of generosity, patience, and community. The sharing of food, particularly in the context of palov or lag'mon, often symbolizes hospitality and the fostering of relationships.

For example:

- **"Lag'mon tortganning uyida do'st ko'p."** (The one who serves lag'mon has many friends.)

Here, lag'mon (noodles) is used as a metaphor for hospitality. The act of preparing and sharing food is equated with building friendships and maintaining social harmony. The parallelism lies in the idea that generosity, like the act of sharing a meal, fosters positive connections with others.

- **"Mehmon kelar, osh keltirar."** (A guest brings food with them.)

This proverb suggests that a guest is a source of blessings and abundance. The comparison between guests and food emphasizes the value of hospitality, with food symbolizing the positive outcome of welcoming others into one's home.

Food as a Symbol of Patience and Effort

In many proverbs, food preparation serves as a metaphor for the need for patience and effort in achieving desired outcomes. Just as cooking a proper meal requires time and attention, achieving success in life often demands sustained effort.

For example:

- **"Palov bo'lsa, gap bo'lmaydi."** (If there is palov, there is nothing to complain about.)

In this case, palov represents a complete and fulfilling meal. The proverb suggests that when basic needs are met, there is no room for complaint, highlighting the idea that fulfilment and contentment come with having one's needs satisfied.

- **"Qozon qaynasa, o'qchopar topar."** (If the pot is boiling, the ladle will find something.)

This proverb emphasizes the importance of effort. The boiling pot (representing action or work) ensures that results will come, symbolizing the idea that work naturally leads to rewards.

Hospitality and Generosity Through Food

Hospitality plays a central role in Uzbek culture, and food is often the primary means of showing generosity and care. Proverbs that include food metaphors convey the importance of sharing meals as a form of social bonding and goodwill.

For example:

- **"Samsa yegan og'iz suv ichadi."** (The mouth that eats samsa will drink water.)

This metaphor emphasizes the interconnectedness of actions and their consequences. Just as eating samsa leads to thirst, one's actions—whether good or bad—inevitably lead to consequences. In a broader sense, it reflects the importance of responsibility and foresight in one's decisions.

Concluding all information we proudly can inform that semantic parallelism in Uzbek food-related proverbs serves as a powerful linguistic tool for conveying social, moral, and cultural values. By drawing connections between food items and broader life concepts, these proverbs offer insights into Uzbek culture, where food symbolizes not just sustenance, but also generosity, patience, and the cultivation of relationships. The use of food metaphors and symbolic language allows for the transmission of wisdom and the reinforcement of societal norms in a manner that is both accessible and profound. Understanding these proverbs and their underlying parallels provides a deeper

appreciation of Uzbek language and culture, where food plays a central role in both literal and figurative contexts.

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