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THE USE OF FOOD NAMES IN UZBEK FOLK PROVERBS
(In the case of dairy products)

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Abstract: In this article, opinions are expressed about the use of names of food, especially dairy products, in Uzbek folk proverbs, and their connection with national customs.

Although folk proverbs are considered a compact genre, they are wise words with complete and vital meaning. Each of the proverbs embodies the power of our language, intelligence and thought. For this reason, proverbs are always referred to in works of art and advice of adults.

Proverbs have a wide range of topics and can be classified in different ways. At the same time, proverbs are a source that should be studied from the point of view of language. Because the words used in them represent the people's life experiences and lifestyle formed over the centuries.

Not only words that denote animals, plants, household items, nature-related phenomena, astronomical objects are used in Uzbek proverbs , but also names of food types are widely utilized. For example, the words soup, bread, salt, and water are used a lot in proverbs as names of food types. For example,

1. To the place where you have tasted salt even for one day,
give your greetings for forty days

(*Bir kun tuz ichgan joyga*
Qirq kun salom ber.)

2. The food tastes good with salt.
(*Osh totig'i – tuz.*)
3. Abundance of bread -abundance of nation.
(*Non mo'lligi – el to'qligi.*)
4. Food from the big one, water from the small one.
(*Osh kattadan, suv kichikdan*.)

Among the types of food in Uzbek folk proverbs, the name of milk-yogurt products called whiteness (oqliq) is often mentioned. This is, first of all, the fact that livestock farming is a centuries-old field of our people; secondly, it is related to the fact that whiteness is considered sacred in our nation. Below are comments about the proverbs containing the name of dairy products.

In our people, milk and products made from it are referred to as "white". It is considered a sin to betray the truth. A household owning at least one cow never went hungry. This aspect is also reflected in proverbs:

5. If there is dairy, there is no hunger.

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(*Oqliq bo‘lsa, ochlik yo‘q.*)
Or:
6. If you have diary, your absence is unknown.
(*Agar bo‘lsa oqlig‘ing, bilinmaydi yo‘qliging.*)
It is also emphasized that milk and milk products are very useful for human health:
7. If there is diary, there is no pain.
(*Oqliq bor joyda og‘riq bo‘lmas.*)
In our people, the cow is considered one of the seven treasures. Milk and products made from domestic animals such as sheep, cows, goats, horses, and camels have been a constant blessing of our daily table. From this point of view, milk in proverbs. Names such as milk, kurtoba, ayran, sour-cream, kumis.
In some of the proverbs with the word milk, there is a reference to its color, and in some to its taste:
8. White milk is also black to the provocateur.
(*Ig'vogarga oq sut ham qora.*)
***
9. Ayran is bitter, milk is sweet.
(*Ayron – achchiq, sut – chuchuk.*)
Of course, proverbs do not always have their own meaning. Therefore, it is necessary to pay attention to the fact that in the first of the given examples, the word "milk" has a figurative meaning.
Sometimes proverbs mention that the abundance of milk is due to natural factors, in particular, favorable seasons and abundance of grass and fodder:
10. If the Hut good, there is more milk.
(*Yaxshi kelsa, hutni ko‘ring,*
Xurma-xurma sutni ko‘ring.)
Hut is the Arabic name of the 12th month of the lunar year, which includes the period from February 22 to March 21. If this period is favorable for farming, then there will be good conditions for the growth of crops and plants. This is the reason for fattening of cattle and increase of milk.
Buttermilk, which is made from dairy products, is also often used in proverbs. In the explanation of the word ayron, it is explained that it is "the liquid part of yogurt after the oil has been extracted in the well, as well as a drink made by adding water to yogurt or suzum." So, it can be considered that the properties of buttermilk, such as its fluidity, lack of fat, and lack of filling, are the basis for its use in proverbs:
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11. Ayran cannot be food, ignorant leader. (It is based on lack of satiety)
(*Ayron osh bo‘lmas,*
Nodon – bosh.)
12. If it gets stuck in your throat, you will chew and drink the ayran as well. (It is based on liquid.)
(*Tomog‘ingga qiltanoq ketsa,*
Ayronni ham chaynab ichasan.)

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13. If sour-cream is spilled, the liquid remains, but if ayron is spilled, what remains? (Based on the lack of fat and liquid)

(*Qatiq to'kilsa, yuqi qolar*,
Ayron to'kilsa, nesi qolar.)

The kaymak, which is interpreted as "a dark fat product that appears on the surface of milk that has been stored for some time or is separated from milk", is also often found in proverbs. It should be noted that this word is not used in a negative sense like ayron, but mainly in a positive sense:

14. Best meat is best soup, best milk is best cream
(*Yaxshi go'sht — yaxshi sho'rva,*
Yaxshi sut — yaxshi qaymoq.)
15. A good man's words are like a cream, a bad man's words are like a hammer.
(*Yaxshining so'zi — qaymoq,*
Yomonning so'zi — to'qmoq.)
16. I never drank the cream of the bowl, but now I long even for ayran.
(*Ichmas edim kosaning qaymog'ini,*
Zor bo'ldim kubining ayroniga.)

In the last of the given examples, we can see that the words ayron and kaymak (cream) are contrasted in terms of thickness, fatness, and richness.

The word katik (sour cream), like other types of dairy products, has its place in proverbs, and it is used both in a positive and negative sense. In the explanation of this word, it is important that yogurt is a "dietary product prepared by adding drops of milk and freezing it."

17. Sour cream will not ferment in a hungry household.
(*Och uyda qatiq ivimas*.)

We see that in the proverb there is a reference to the freezing of sour cream by dripping.

18. If you are ill, you will have sour cream.
(*O'zing yotiq bo'lsang, ichganing qatiq bo'lar*.)

This saying is based on the diet of sour cream.

There are also few proverbs about kurtoba, which is considered another dairy product ("A dense, nutritious dish made by boiling and crushing buttermilk or strained yogurt, thicker than ayran"), but there are proverbs:

19. The heart of the beloved wants for even kurtoba.
(*Azizlarning ko'ngli qurtova tilar*.)

There are also a lot of proverbs with the word kumis (mare's milk). The healing properties of kumis and its importance for health are particularly emphasized:

20. One who drinks kumis never ages; even if they do, they know no illness.
(*Qimiz ichgan qarimas,*
Qarisa ham, dard ko'rmas.)
21. Drink kumis and stay vigorous; drink milk and grow sluggish.
(*Qimiz ichganing – qirchillaganing,*
Sut ichganing – so'lqillaganing.)

As we can see, the names of milk and dairy products, which constitute a separate group of foods, frequently appear in examples of Uzbek oral folklore, particularly in proverbs. For proverbs, their characteristics—such as color, taste, medicinal properties, fat content, and whether they are thick or liquid—serve as a basis.

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