

METAPHORICAL USE OF FOOD IDIOMS IN ENGLISH AND THEIR UZBEK EQUIVALENTS

Sattorova Aziza

Karshi State University Faculty of Foreign Languages

Major: Translation Theory and Practice

Group 024-58 2nd-year student

+998904446736

a3014137@gmail.com

Yuldoshev Dilmurod

Academic Supervisor:

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Abstract

This study explores how **gastronomic phraseologisms** in English provide insight into cultural understandings of behavior, emotions, and social relationships, both in society and within the family. The research shows that many food-related idioms operate metaphorically, using food items, culinary practices, and eating experiences to express abstract concepts, values, and attitudes. Adopting a qualitative approach, the analysis draws on dictionary sources and text corpora to examine how these gastronomic metaphors reflect culturally shared frameworks of meaning. The findings highlight the importance of food-based phraseology in shaping and expressing social norms, interpersonal relationships, and cultural perspectives. The article supports its theoretical claims with concrete examples of gastronomic phraseologisms used in context.

Keywords: phraseologism, gastronomic phraseologism, food idioms, culinary metaphor, context, linguistic culture, cultural worldview.

Аннотация

Данное исследование рассматривает, каким образом гастрономические фразеологизмы в английском языке отражают культурные представления о поведении, эмоциях и социальных отношениях как в обществе, так и в семье. В ходе исследования было выявлено, что многие фразеологические единицы, связанные с пищей, функционируют метафорически, используя продукты питания и кулинарные практики для выражения абстрактных понятий, ценностей и установок. Применяя качественный подход, авторы анализируют словарные источники и текстовые корпуса с целью выявления того, каким образом гастрономические метафоры отражают общекультурные смысловые модели. Полученные результаты подчеркивают значимость пищевой фразеологии в формировании и выражении социальных норм, межличностных отношений и культурной картины мира. Теоретические

положения статьи подкрепляются конкретными примерами гастрономических фразеологизмов, функционирующих в контексте.

Ключевые слова: фразеологизм, гастрономический фразеологизм, пищевые идиомы, метафора, контекст, лингвокультура, культурная картина мира

Annotatsiya

Ushbu tadqiqot ingliz tilidagi gastronomik frazeologizmlar orqali jamiyat va oila doirasida xulq-atvor, hissiyotlar hamda ijtimoiy munosabatlar haqidagi madaniy tasavvurlar qanday ifodalanishini o'rganadi. Tadqiqot natijalari shuni ko'rsatadiki, ovqatga oid ko'plab frazeologik birliklar metaforik xarakterga ega bo'lib, oziq-ovqat mahsulotlari va pazandalik jarayonlari orqali mavhum tushunchalar, qadriyatlar va munosabatlarni ifodalaydi. Sifatli tahlil asosida lug'atlar va matn korpuslari o'rganilib, gastronomik metaforalarning madaniy jihatdan umumiy bo'lgan ma'no modellarini aks ettirishi aniqlanadi. Natijalar ovqatga oid frazeologiyaning ijtimoiy me'yorlar, shaxslararo munosabatlar va madaniy dunyoqarashni shakllantirish hamda ifodalashdagi muhim rolini ko'rsatadi. Maqolada nazariy xulosalar gastronomik frazeologizmlarning kontekstda qo'llanishiga oid aniq misollar bilan tasdiqlanadi.

Kalit so'zlar: frazeologizm, gastronomik frazeologizm, ovqatga oid idiomalar, metafora, kontekst, lingvomadaniyat, madaniy dunyoqarash.

Introduction

Comparing English food idioms with Uzbek idiomatic expressions helps to reveal both linguistic and cultural similarities and differences. In English, food idioms often use references to food to express figurative meanings rather than literal ones. These expressions are commonly used to describe emotions, situations, or actions in an indirect and vivid way. For example, the English idiom **piece of cake** means that something is very easy to do. In Uzbek, a similar meaning is expressed through idioms such as "xamirdan qil sug'urganday". Likewise, the English idiom **spill the beans**, meaning to reveal a secret, corresponds to Uzbek expressions like "og'zidan gullab qo'ymoq".

These examples show that while the intended meanings of idioms in both languages are often similar, the metaphorical images used to express them can differ significantly. English frequently relies on food-related metaphors, reflecting everyday experiences connected with eating and cooking, whereas Uzbek idioms more often draw on social behavior and daily life situations. Despite these differences, idioms in both languages serve the same purpose: they make speech more expressive, natural, and culturally rich. Studying English food idioms in

comparison with Uzbek idioms not only improves language competence but also deepens understanding of the cultural perspectives and values embedded in each language.

Main body

Gastronomic phraseologisms are an important part of the English language, as they reflect cultural values and everyday experiences related to food and eating. Such idioms are widely used to describe human behavior, emotions, social relationships, and life situations in a figurative way. Although these expressions include food-related words, their meanings are usually metaphorical rather than literal. The study of gastronomic phraseologisms helps to reveal how cultural worldview and collective experience are encoded in language. When compared with Uzbek equivalents, it becomes clear that similar meanings are often expressed through different metaphorical images, which highlights national and cultural differences. The following examples illustrate common English food idioms and their Uzbek counterparts used in context.

Cheap as chips means very cheap - *suv tekin*

Example:

*In the poorer streets of London, bread was **cheap as chips**, yet hunger remained.*

(Charles Dickens-style social novels)

*Shaharning qashshoq mahallalarida non **suv tekin** bo'lsa ham, ochlik ketmasdi.*

(Don't)Cry over spilled milk means to feel sorry or sad about something that has already happened; used to emphasize that this is not helpful - *o'tgan ishga salovat*

*The old man warns him not to **cry over spilled milk**, for fate cannot be undone. Chol unga **o'tgan ishga salovat**, taqdirni o'zgartirib bo'lmasligini aytadi.*

Spill the beans (tell a secret)- *og'zidan gullab qo'ymoq*

*Under pressure, the servant **spilled the beans** about the hidden letter.*

*Bosim ostida xizmatkor sirni **og'zidan gullab qo'ydi.***

Have a finger in every pie means someone who tries to be involved in many different activities, projects, or areas.)- *har ishga burnini suqmoq*

*The character **has a finger in every pie**, meddling in every affair of the town.*

*U shahar ishlarining barchasiga **burnini suqadigan** odam edi.*

A hard nut to crack means very difficult situation or person - *igna bilan quduq qazish*

*The case proved **a hard nut to crack**, resisting every clever attempt.*

*Bu ish tergovchi uchun **igna bilan quduq qazishdek** bo'ldi.*

From soup to nuts means from the beginning to the end -ipidan ignasigacha

*The author describes the hero's life **from soup to nuts**.*

*Muallif qahramon hayotini **ipidan ignasigacha** tasvirlaydi.*

Piece of cake means something that is very easy to do- xamirdan qil sug'urganday

*I was worried about taking the test, but it was **a piece of cake**. I got 100%.*

*Imtihon haqida havotirlanayotgan edim, lekin test **xamirdan qil sug'urganday** o'tdi. Men aniq 100% natija ko'rsatdim.*

Bite off more than one can chew means to try to do something that is too difficult for someone - baland dorga osilmoq.

*Like many tragic heroes, he **bit off more than he could chew**.*

*Ko'plab fojeaviy qahramonlar kabi, u ham **baland dorga osildi**.*

Couch potato means someone who is lazy and inactive-tebsa tebranmas

*He is portrayed as a **couch potato**, wasting his youth indoors.*

*U yoshlikni bekorga o'tkazgan, **tebsa tebranmas** odam sifatida tasvirlanadi.*

Apple of my (one's) eyes means someone who is cherished above all others - ko'zimning oq-u-qorasi

*The child is the **apple of her eye**, protected from all harm.*

*Bolasi uning har balodan asraydigan **ko'zining oq-u qorasidir***

Conclusion

A study of gastronomic phraseologisms in English shows that idiomatic expressions related to food make important contributions to manifesting culture identify, social mores, feeling and human relations. Events incidental to life set up these phraseological units, but their meaning is almost all metaphorical and formed by culture. Compared with equivalent phrases in Uzbek, we can see that although what they mean is often the same, the metaphorical images summoned up are different. Reflecting each nation's unique cultural outlook, way of thinking and mandra, However, gastronomic phraseologisms are not only an important part of linguistic competence but also offer the necessity for intercultural communication requires and much deeper insight understanding national traits. These idioms can enhance spoken language: The result is that the way in which people communicate becomes richer and more excited.

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