

Uzbek transcript:

Shu uchun boshida, men kelganimda hayron qolardim, chunki haqiqatdan ham o'zbek taomlari juda ham mazzali, endi Amerika taomlriga nisbatan, balkim ko'nikkanligim uchundir, lekin man umuman o'zbek taomlarini juda yoqtiraman, boshida qandiydir Amerika taomlarining hammasi, hamma taomlarning mazzasi bir xilday yoki umuman mazzasi yo'qday tuyulardi. Keyinchalik bilsam, aniqlasam, harakat qilishadi doim taomlarning tarkibiga, qani qanday mahsulotlardan foydalangan, sog'liqqa zarar emasmi, yo'qmi, shu narsalarga e'tibor berishadi. Bizda bo'lsa manimcha bu narsaga hali e'tibor unchalik katta emas. Bundan tashqari shu boshida kelganimda hayron qolardim, shu do'stlarim bilan tushlik qilganimda, yoki kechki ovqat, umuman, ovqatlanganimda, doim do'stlarim, amerikalik do'stlarim har xil tabletkalar, har xil dorilar ichishardi. Shu ovqatdan oldin, ovqatdan keyin, ba'zan bir necha xil turlarini hatto, to'rt xil, besh xil turlarini birga qabul qilishardi. Hayron qolardim, nima uchun, Amerikada hamma kasalmi, nima uchun doim dori ichishadi deb hayron qolardim. Keyinchalik tushunib yetsam, bular har xil vitaminlar ekan, yani oziq-ovqat, har xil mahsulotni har kun qabul qilmaganligingiz uchun, shu vitaminlar sizga turli xil oziq ovqatlarni vitaminini yetkazib turarkan. Shu uchun ulr har xil dorilar qabul qilib turishar ekan. Yani bular kasallikdan davolaydigan emas, umuman, sog'lig'ingizni tiklaydigan, tiklaydigan ham emas, shu sog' saqlaydigan dorilar ekan. Bizda bu narsalar, to kasal bo'lmasak harakat qilamiz doridan uzoqda bo'lishga, doridan yiroq bo'lishga, hatto ba'zi odamlarimiz umuman dorilarga ishonishmaydi, va, umuman dori qabul qabul qilishmaydijam, hattoki doctor maslahat bersahamki. Shu manimcha umuman boshqacha O'zbekiston bilan bu yerda.

English translation:

That's why at the beginning, when I came [to the US] I was surprised, because Uzbek meals are really very delicious, well compared to American... Maybe because I am used to them, but I like Uzbek dishes very much. At the beginning all the American dishes, the taste of all American dishes seemed the same or sometimes they do not seem to taste like anything. Later I found out, I learned, they pay much attention to the ingredients of the dishes, what has been used [to make them] if it is not harmful for health. They pay attention to these things. But, I think we do not pay much attention to these things yet. Besides, I used to get surprised at the beginning, when I used to get lunch or dinner, or any meal with my friends, my friends, my American friends always used to take various pills, various medicines. Before meal, after meal, they would take sometimes different kinds [at a time], even four, five kinds together. I used to wonder why. Whether everybody was sick in the US... why they always take pills. Later I realized that these were various vitamins, that is to say since you do not eat different food and food products every day, these vitamins supply you with vitamins found in various food products. That's why they regularly take different pills. It is not for a treatment from an illness, but

just for general restoring your health, not actually restoring, for maintaining your health. These things for us, unless we re sick we try to avoid pills, some people even do not trust pills and do not take pills at all, even if the doctors prescribe them. This is different, in my opinion, between Uzbekistan and this place [the US].

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