

## **FOOD PROVERBS AS A CULTURAL EXPRESSION AND THEIR CLASSIFICATION.**

*Zokirjanova Shakhlo*

A proverb is a short phrase that expresses a truth or some practical advice. Usually, it is founded on practical knowledge or common sense. A proverb has the effect of making the wisdom. Several distinct cultures frequently use the same saying. The best proverbs are those that have been verbally transmitted to generations. They might have been documented in writing as well. When compared to the sayings and aphorisms, proverbs have traditionally been the most vibrant and stable component of national languages.

The vividness of the country's ideas and its defining characteristics were more vividly conveyed in the proverbs. The proverbs are thought to be the paper of folklore which is short but deep in the meaning. By virtue of their social and ideal functions, they represent the views of a large number of individuals. The various elements of historical evolution and human civilization are included in proverbs. The following prominent themes have been expressed in proverbs: motherland, time, knowledge, beauty, health, work, nature, and a wide range of other topics Adnan Zaid<sup>1</sup> states: "Proverbs contain a truth in few words that relate to everyday life having a universal value, and they can be remembered easily. Considering the good values of proverbs, a teacher may use proverbs to teach English as a foreign language as a lead-in activity prior to teaching language skills. It is a good way to consolidate the learning of vocabulary, grammar, sentence patterns and moral values." According to Mieder<sup>2</sup>, "Proverbs are short, generally known sentences of the folk that contain wisdom, truths, morals, traditional views in a metaphorical, fixed

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<sup>1</sup> Zaid, Adnan. 2016. Using Proverbs as a Lead-in Activity in Teaching English as a Foreign Language. International Journal on Studies in English Language and Literature. 4(10), 2. Retrieved from <http://dx.doi.org/10.20431/2347-3134.0410001>.

<sup>2</sup> Mieder, Wolfgang (1995). "The Grass is Always Greener on the Other Side of the Fence: An American Proverb of Discontent". De Proverbio Electronic Magazine, Vol. 1

and memorable form and that are handed down orally to next generations. They are tools for social manipulation, they can serve as a generalized code for establishing standards in ethical and moral behavior.” In addition, Akmajian<sup>3</sup> proposes that: “Proverbs offer an interesting challenge to theories of language use. Proverbs are traditional sayings having a fixed general sentential form, alluding to a common truth or general wisdom, with some literary value, used to guide action, explain a situation and induce a feeling or attitude.” Food proverbs are a unique form of cultural expression that reveal a great deal about the values and beliefs of a particular society. They are a form of oral literature, often passed down to generations, that provide insight into the collective wisdom of a culture. Food proverbs are particularly interesting because they are often used to impart wisdom about the importance of food and its role in society. Food proverbs are a type of figurative language which can be used to express ideas or beliefs about food, cooking and eating. They are often used to impart wisdom or advice about food-related matters and might be found in many cultures. By exploring the food proverbs in these three languages, we can gain a better understanding of the various cultures and their respective views on food, cooking and eating. This can lead to greater insight into how different cultures interact and communicate with one another, as well as providing a valuable resource for those looking to learn more about the cultures of the world. Scholars have proposed a variety of proverbial classifications. The classification of food proverbs has been presented according to [Hamzah Migdadi](#)<sup>4</sup> who studied [Jordanian food proverbs](#). According to his classification, there are four classification of food proverbs. They are as follows:

1. Proverbs Referring to the Eating Process Itself
  - a. Proverbs Including Verbs related to the Eating Process

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<sup>3</sup> Akmajian, Adrian, Richard A. Demers, Ann K. Farmer & Robert M. Harnish (2001). *Linguistics: An Introduction to Language and Communication*. Cambridge: MIT Press.

<sup>4</sup> [Hamzah Migdadi](#), [A Study of Jordanian Proverbs Related to Food and Eating](#), Islamic University of Minnesota, June 2015, DOI: 10.13140/RG.2.2.26512.46082

b. Proverbs Including Expressions Related to Meals

2. Proverbs Including Edible Items
3. Proverbs Including Tools Used in Eating
4. Proverbs Including Body Organs Associated with Eating

According to equivalents of food proverbs in other languages, we may divide food proverbs in English, Russian and Uzbek languages into several categories:

*Full equivalent proverbs* (when English proverb that are fully equivalent to their Uzbek and Russian variants) The example for this type is given below: He that will not work shall not eat - Ishlamagan tishlamas - Кто не работает, тот не ест.

*Partial equivalent proverbs* (when English proverbs that are a bit different in their meaning from Russian and Uzbek ones) The example for this type is given below: Greedy as a wolf – Bo'rining o'zi to'ysa ham ko'zi to'ymas - Сколько собаке не хватать, сытой не бывать *English proverbs that lack equivalent meanings in Russian and Uzbek languages:* The example for this type is given below: You can not sell the cow and drink the milk. - Qaysi butaga o't tushsa o'sha buta kuyar. - Один пирог два раза не съешь.

### **BIBLIOGRAPHY**

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