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| MONDAY 18-04-2022 | | | | | | | |
| 1 | water sink | lavabo | |  |  |  |  |
| 2 | bath | baignoir | |  |  |  |  |
| 3 | kitchen sink | L'évier de cuisine | |  |  |  |  |
| 4 | COPD: Chronic obstructive pulmonary disease | Bronchopneumopathie chronique obstructive: La maladie pulmonaire obstructive chronique  Groupe de maladie qui cause les difficultes respiratoires | | | Magonjwa sugu ya mapafu yanayotatiza upumuaji. | Chronic obstructive pulmonary disease, or COPD, refers to a group of diseases that cause airflow blockage and breathing-related problems. It includes emphysema and chronic bronchitis. | |
| 5 | **Cardiopulmonary resuscitation** (CPR) | réanimation cardiopulmonaire | Uhuishaji wa moyo na mapafu. | | Gushitura umutima bakoresheje ibiganza bibiri bifatanye bagatsindagira n'imbaraga ziringaniye bagerageza kireba KO umutima wongera gutera | **Cardiopulmonary resuscitation** (CPR) is a lifesaving technique that's useful in many emergencies, such as a heart attack or near drowning, in which someone's breathing or heartbeat has stopped. | |
| 6 | OZ: ounce/auns/ | Once |  | |  |  |  |
| 7 | LBs : pounds | livres | paundi | |  |  | LIBRA PONDO |
| 8 | Fahrenheit  /farenhait/ | Fahrenheit |  | |  |  |  |
| 9 | centigrade = Celsius | celsius | nyuzi | |  |  |  |
| 10 | ischemic stroke | [accident ischémique cérébral](https://www.linguee.com/french-english/translation/accident+isch%C3%A9mique+c%C3%A9r%C3%A9bral.html)  [AVC ischémique](https://www.linguee.com/french-english/translation/AVC+isch%C3%A9mique.html) | Kuziba kwa misuli inayopeleka damu ubongoni kwa sababu ya ugandaji damu ndani ya misuli hiyo. | | Kuziba kwimitsi itwara amaraso mu bwonko biterwa no kuvura kwamaraso muriyo mitsi. | **An ischemic stroke occurs when a blood vessel supplying the brain becomes blocked, as by a clot.** **A hemorrhagic stroke occurs when a blood vessel bursts, leaking blood into the brain.** | |
| 11 | hemoragic stroke | AVC hemoragique |  | |  |
| 12 | MRSA infection | Infection a SARM:  SARM. **Staphylococcus aureus résistant à la méthiciline** |  | |  | **Methicillin-resistant Staphylococcus aureus** (MRSA): Infection is **caused by a type of staph bacteria that's become resistant to many of the antibiotics used to treat ordinary staph infections**. | |
| 13 | Staph: **staphylococcus** | staphylocoque |  | |  | 1. a bacterium of a genus that includes many pathogenic kinds that cause pus formation, especially in the skin and mucous membranes. | |
| 14 | Ooze:drip | suinter | Kudondoka/kuvuja | | gutonyanga |  | |
| 15 | [bloat](https://www.linguee.com/english-french/translation/bloat.html) | gonfler | kuvimba | | gutumba |  | |
| 16 | bloating | [ballonnement](https://www.linguee.com/french-english/translation/ballonnement.html) |  | |  |  | |
| 17 | ****celiac disease**** | maladie coeliaque | **utumbo mwembamba** | |  | 1. An immune reaction to eating gluten, a protein found in wheat, barley, and rye. 2. a disease in which the small intestine is hypersensitive to gluten, leading to difficulty in digesting food. | |
| 18 | carbohydrates foods | Les glucides | **vyakula vyenye wanga**  **vyakula vyenye sukari nyingi** | |  |  | |
| 19 | ketogenic diet = keto diet | [régime cétogène](https://www.linguee.com/french-english/translation/r%C3%A9gime+c%C3%A9tog%C3%A8ne.html) | **vyakula vyenye sukari ndogo ila vyenye mafuta mengi.** | | <https://www.healthline.com/nutrition/ketogenic-diet-101#_noHeaderPrefixedContent> | The keto diet is a low carb, high fat diet. It lowers blood sugar and insulin levels and shifts the body’s metabolism away from carbs and toward fat and ketones. | |
| 20 | https://miro.medium.com/max/1152/1*blKrq0EGaq7Fc-VJttQUVA.gif | | | | | | |
| 21 | Pasteurized milk | [lait pasteurisé](https://www.linguee.com/french-english/translation/lait+pasteuris%C3%A9.html) | **Uchemshaji maziwa kiwandani ili kuuwa vijidudu.** | |  | Pasteurization or asteurization is a process in which packaged and non-packaged foods are treated with mild heat, usually to less than 100 °C, to eliminate pathogens and extend shelf life. | |
| 22 | salmonella | salmonelle | **salmonella** | |  |  | |
| 23 | salmon | saumon | **samoni** | |  |  | |
|  | Tuna sandwich | Sandwichs au thon |  | |  |  | |
|  | [bread](https://www.linguee.com/english-french/translation/bread.html) [rolls](https://www.linguee.com/english-french/translation/rolls.html) | petits pains |  | |  |  | |
|  | brown bread | [pain brun](https://www.linguee.com/french-english/translation/pain+brun.html) |  | |  |  | |
|  | whole bread: | pain entier |  | |  |  | |
|  | whole wheat bread | pain de blé entire/pain complet |  | |  |  | |
|  | regular bread | pain ordinaire |  | |  |  | |