



What 'gentle parenting' does for your kids

"Back in my day," some grandparents say to their adult children, "we didn't let our kids speak without being spoken to or talk back to without a spanking or question every parental decision without a consequence." What did happen to time-outs? Or "I'll give you something to cry about?"

There's a certain segment of parents who reject that form of parenting for something they say may work better, called "gentle parenting." If you hear the term and roll your eyes, and we know that's likely — pause for a second. Gentle parenting is often misunderstood and taken to mean coddling, said Dr. Brian Razzino, a licensed clinical psychologist in Falls Church, Virginia. That's not the case.

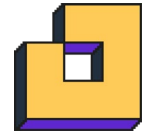
Gentle parenting -- or what many people mean when they talk about it -- is often about teaching skills for adulthood and enforcing boundaries, and it has a lot to offer families, he said. This strategy is becoming popular as nearly half of parents say they are trying to raise their children differently than how they grew up, according to a 2023 report from the Pew Research Center. Those parents said they were looking to give their children more love and affection, having open, honest conversations and yelling less and listening more. The problem is that many people, even those who call themselves gentle parents, differ on the specifics. Here is what you need to know about the latest parenting trend.

The main parenting styles

Psychological researchers have identified four main parenting styles: neglectful, authoritarian, permissive and authoritative. Neglectful parenting has neither high levels of warmth toward the child nor rules on a child's behavior, said Nicole Johnson, a licensed professional counselor in Boise, Idaho. A kid may act out and break a toy and not get much response from their neglectful parent, who might not have attended much to how they were playing anyway.

Authoritarian refers to parenting that focuses on obedience and punitive response -- think "because I said so," Johnson said. The child who broke the toy would likely be yelled at and sent to time-out by the authoritarian parent without much conversation beyond that. Permissive parenting focuses on warmth toward children, but without much structure or boundaries, she added. That parent would acknowledge that the child probably broke the toy out of frustration but wouldn't follow up on consequences. Authoritative parenting seeks to strike a balance between structure and warmth.

"It's more focused on the idea of improving their ability to understand what's going on with themselves, their own feelings," Razzino said. "The parents are really focused on having that empathy for the child and respect when they when they talk with them, and that their feelings are valid." Still, they are "maintaining some very firm, clear limits." Gentle parenting is not listed among the main parenting styles. While it is popular on social media, it is a relatively new term that hasn't been described much in the scientific literature.



What do influencers mean by 'gentle parenting'?

Researchers Annie Pezalla and Alice Davidson sought to investigate what parenting influencers on social media meant when they talked about gentle parenting in a 2024 study. "Those who identified as gentle really prioritized emotion regulation. These are parents that are wanting to maintain calm at all costs, if at all possible, (including) their energy and emotions," said Pezalla, visiting assistant professor of psychology at Macalester College in St. Paul, Minnesota.

"They do look like authoritative parents, for the most part, to us, like they're trying to hold boundaries and practice consequences with their kids," she said, "even though they showed the kind of no-holds-barred affection to their kids that typically permissive parents show." Gentle parenting, like authoritative parenting, emphasizes the importance of boundaries while maintaining warmth and empathy, she said. However, the concept plays out differently in different families.

In her research, Pezalla asked parents who identified as gentle parents about their practices. While some resembled authoritative parents, others acted in ways that fell more in line with a permissive style, she said. Ultimately, much of what people refer to as gentle parenting on social media is just another term for authoritative parenting: maintaining connection with the child, teaching them to regulate their emotions and behavior, and enforcing boundaries as a caring authority figure, said Razzino, who is also the author of "Awakening the Five Champions: Keys to Success for Every Teen."

Are we being too soft on kids?

Imagine a child is throwing their food off their plate and onto the floor. A permissive parent might say, "please don't do that," and then do nothing else to enforce a boundary. An authoritarian might glare sternly and immediately move to a time-out or spanking or to send their child to bed hungry.

An authoritative parent, which is what many people mean when they identify as a gentle parent, might say, "I can see you're feeling playful, but food stays on the plate. I can give you something else to do with your hands while we have dinner, but if you throw it again, I am going to have to take the plate away," Razzino said. Some people critique this way of parenting as being too soft on kids, saying that the world is harsh and kids will need to learn to deal with that, Johnson added.

But the goal of this parenting style isn't to shield your child from accountability; rather it is to get to a calmer place for the parent and child, give kids tools for making good choices, and then enforcing a boundary with logical consequences, she said. Logical consequences are ones that relate directly to a behavior: If you smack your friend with a truck, the playdate will be over, Razzino added.

For the people who understand gentle parenting as a form of authoritative parenting, there are two parts: validating that you understand the feelings they are experiencing and teaching that not every way of expressing those feelings is acceptable or productive, Johnson said. It is important to neither skip the validation step nor get too bogged down in it, Razzino added. At some point, it is important to move from talking about the feelings to making plans



on how to regulate the difficult emotions and what consequences will happen if the unacceptable behavior continues.

And this approach has been shown in research to be effective in raising more healthy, resilient, successful adults, Razzino said. One 2022 study found that children raised with an authoritative parenting style were more likely to achieve academically. Another study in 2020 found that a lack of this parenting style was the most important factor in low life satisfaction.

We need to go easier on parents

There is a downside to authoritative or gentle parenting. Staying calm, validating your child's feelings, explaining a boundary and the consequences of breaking it, and then following through with a rational consequence is a lot of work, Pezalla said. It's even more work if you weren't parented with a lot of warmth and empathy, Johnson added.

With so much pressure to parent perfectly, many parents feel burnt-out trying to adhere too strictly to gentle parenting practices, according to Pezalla's research. Gentle parents "are working so hard to be emotionally regulated 24/7 that they are burning out," she said. "That's what we found in the article that we published ... they're stressed out of their minds."

Some online parenting influencers will say that you can't use the word no, that you have to say no, that you should pause in a grocery store meltdown to give a hug, or that you need to scoop your child up from the store floor and not allow them to continue the tantrum there, Pezalla said.

Instead of worrying too much about following the one right philosophy, Pezalla recommends prioritizing the four things she has found to be what every kid needs growing up. Those include structure, warmth, acknowledgement as an individual who may need something different from their siblings, and an approach that prepares for parenting as a long game, she said. "Everything else is like static noise to me," Pezalla said. "It's like the same general authoritative parenting styles, just, we're calling it something different."

And don't worry if you mess up, lose your temper or change your mind on your parenting approach, Johnson said. Kids don't need a model of a perfect human, they need to see an adult who is trying their best to be a positive authority figure, striving for empathy, practicing regulating themselves, and taking accountability when they get it wrong, she added. Hopefully, that model will be a roadmap so they can grow up doing those things, too.

Source: [What 'gentle parenting' does for your kids](#)



Fill The Words With Appropriate Meaning!

1. Consequence :
2. Coddling :
3. Enforcing :
4. Boundaries :
5. Neglectful :
6. Authoritarian :
7. Permissive :
8. Authoritative :
9. Punitive :
10. Empathy :
11. Prioritized :
12. Critique :
13. Accountability :
14. Validating :
15. Resilient :
16. Academically :
17. Burnt-out :
18. Tantrum :
19. Prioritizing :
20. Roadmap :



Matching your workouts to your personality could make exercise more enjoyable and give better results

Making exercise fun is the holy grail for many people who can't quite find the motivation to work out. But rather than forcing yourself to enjoy running or that gym class you once attended, the solution may lie in something more straightforward — simply matching a workout to your personality type, according to a study published Tuesday in the journal *Frontiers in Psychology*. That's because people with different personality traits enjoy different types of exercise, the study found.

More extroverted people, for example, prefer high-intensity training sessions with others, such as team sports, while people who scored highly on "neuroticism," a metric that measures someone's emotional instability, preferred private workouts without people watching them and punctuated by short breaks.

As for those who scored highly on conscientiousness, they "were more likely to have a well-rounded fitness ... and we think that's because conscientious individuals are more likely to be driven by the fact that exercise is good for them," said the study's co-lead author, Flaminia Ronca, an associate professor in exercise science at University College London.

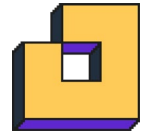
"Personality determines which intensities and forms of exercises we're attracted to. ... If we can understand that, then we can make that first step in engagement and exercise in sedentary individuals," she told CNN. These findings have important implications for encouraging more people to exercise, especially since just 22.5% of adults and 19% of adolescents worldwide manage the World Health Organization-recommended 150 minutes of physical activity per week, according to the study.

By focusing on personality types, health care providers may be able to offer a "more personalized approach to exercise," said Angelina Sutin, a professor at Florida State University who specializes in investigating links between personality and health, and who wasn't involved in the study. "Typically ... we tell people to exercise and just say: 'We know high-intensity interval training is good for you, so you should do it,'" she said.

"But for people high in neuroticism, they're not going to do it, and we also know that low-intensity exercise can be beneficial too. Knowing that somebody is high in neuroticism, recommending that kind of exercise, maybe people will be more likely to engage in it."

It is also important to note that personality traits interact with each other, Ronca added. Some people score highly on both neuroticism and conscientiousness, meaning that although they may find exercise anxiety-inducing, they are much more likely to do it since they know it is good for them, she said. To reach their findings, Ronca and her colleagues in London first directed the 132 study participants, aged between 25 and 51 years old, to complete a questionnaire revealing their personality traits.

The study employed a commonly used model that conceptualizes someone's personality through five traits — extroversion, neuroticism, agreeableness, openness and conscientiousness.



“Personality traits ... they’re just descriptions of the way people behave in certain situations,” Paul Burgess, a professor of neuroscience at UCL who co-led the study, told CNN. “And the way that people behave in certain situations is determined to a large degree by their brain capabilities, what they notice, what they pay attention to, what they can remember, how fast they can react.”

The researchers then ran fitness tests on the participants and randomly sorted them into two groups. One group was given an eight-week cycling and strength plan, while the control group did 10 minutes a week of stretching exercises. Of the original 132 participants, 86 completed both pre- and post-testing either side of these eight weeks.

The study team found that, although fitness improved across all personality types for those who completed the cycling and strength program, there was a marked difference in enjoyment of the exercises. More extroverted people enjoyed the higher-intensity lab fitness tests, while more “neurotic” people enjoyed the home-based light-intensity sessions. Personality traits also informed how exercise influenced someone’s stress levels. People who scored highly in neuroticism had a significant reduction in self-reported stress, much more than in any other group, the study found.

“Those who would benefit the most from a stress reduction are the ones who actually showed a decrease in stress following those eight weeks of exercise,” Ronca said. “And I think that’s quite a powerful message to give.” Given the many benefits of exercise, including stress reduction, both Ronca and Burgess hope their findings encourage people to find alternative ways of exercise outside the more traditional workouts they might dislike.

“There’s a danger, perhaps, that the focus becomes ... competitive sports and serious engagement at a time when young people are starting to have lots more demands on them,” Burgess said.

“There are a lot of personalities that don’t respond well to that kind of situation, that find it quite stressful.”

Source: [Matching your workouts to your personality could make exercise more enjoyable and give better results](#)



Fill The Words With Appropriate Meaning!

1. Motivation :
2. Straightforward :
3. Extroverted :
4. Neuroticism :
5. Instability :
6. Punctuated :
7. Conscientiousness :
8. Sedentary :
9. Implications :
10. Personalized :
11. Beneficial :
12. Anxiety-inducing :
13. Questionnaire :
14. Conceptualizes :
15. Agreeableness :
16. Capabilities :
17. Randomly :
18. Marked :
19. Reduction :
20. Alternative :



The best kind of workout? One that trains both your body and brain

We already know exercise is good for our bodies, but it's also an essential tool for managing mental health. Yet many people still separate physical fitness from mental wellness, viewing them as two different goals rather than parts of the same whole. Too often, workout routines are designed with only the body in mind, focusing on burning calories, building strength or improving flexibility. What's often missing is intentionality — movement designed not just to make you sweat but also to help you feel better mentally and emotionally.

Research shows that consistent physical activity can ease symptoms of anxiety and depression, sharpen executive functioning and improve sleep quality, a key factor in emotional regulation and overall mental health. But not all movement is created equal when it comes to mental health. The type of movement — and how you approach it — matters.

As a mind-body coach in professional sports for more than two decades, I have helped elite athletes build durable, mobile bodies while also supporting their mental resilience — using movement and breath to regulate the nervous system, stay grounded under pressure and maintain sharp focus. These same tools and principles can help anyone strengthen body and mind, improving how they move and feel every day.

Mindful movement vs. just exercising

Pushing yourself through a high-intensity workout while mentally checked out or disconnected from your body doesn't offer the same mental health benefits as moving with awareness. True mind-body fitness involves being present during movement, using intentional breathing and training in ways that support your nervous system. The brain and body are deeply interconnected through the nervous system. One of the key players in this connection is the vagus nerve, which runs from your brain stem to your gut and influences functions as varied as heart rate, digestion, mood and emotional regulation.

When you exercise with focused, deep breathing — you stimulate the vagus nerve, which activates your parasympathetic nervous system (your “rest and recover” state). Doing so can calm your mind, lower stress and improve focus by shifting your body out of “fight-or-flight” mode, helping you achieve restful states more easily.

On the other hand, when exercise is overly intense or performed with poor breathing patterns and no recovery, it can spike stress hormones and leave you feeling more depleted than energized. That's why it's important to choose exercises and formats that align with your needs and goals — not just physically, but mentally and emotionally, too.

How to build a mind-body fitness routine

You don't need to overhaul your workout regimen to make it more mind-body focused. Start by layering in these five simple strategies. Before beginning any new exercise program, consult your doctor. Stop immediately if you experience pain.

1. Anchor your workouts with breath

Breath is the most efficient and effective way to influence your nervous system. Use slow, intentional breathing before, during and after your workouts.



- In warm-ups: Use diaphragmatic breathing to downshift from your day and connect to your body.
- During mobility work: Use your breathing to move your rib cage in ways that support better posture, positioning and rotation. For example, when twisting your upper body to the right, use inhalations to expand your ribs on the right side and exhale to contract your ribs on the left side, to facilitate the rotation.
- During strength training: Exhale through the effort phase — as you would when pushing up in a push-up or standing up from a squat — to activate core control and regulate tension.
- In cooldowns: Practice extended exhales, which further stimulate the vagus nerve, to promote relaxation and recovery. I recommend doubling the length of your exhales during recovery sessions by practicing a four-count inhale with an eight-count exhale.

2. Incorporate mobility with intention

Mobility training improves flexibility and joint health, but its benefits go beyond the physical. Practicing breath-driven mobility drills, such as the three-way hip flexor release and windmill twist to also sharpen body awareness and support nervous system regulation. Add exercises such as these to your warm-ups or active recovery days, focusing on coordinating breath and movement to build physical control and mental clarity.

3. Balance intensity to build resilience

High-intensity workouts have benefits, but overdoing them can chronically elevate stress levels and impair recovery. To support your nervous system, balance your weekly training with lower-intensity sessions. Activities such as walking, yoga, breath-focused mobility and body-weight strength work help keep you active while promoting resilience, emotional regulation and injury prevention.

4. Train with presence and precision

No matter what type of training you're doing — strength, mobility, cardio or recovery — your mental presence affects how your body performs and adapts. Rushing through reps or zoning out increases the risk of poor form, injury and missed benefits. Focus on the quality of your movement: Pay attention to alignment, control your pace and stay aware of how your body feels. When your mind starts to wander, use your breath to ground yourself in the present and reconnect with your body. Presence turns every exercise into an opportunity to build both physical skill and mental clarity.

5. Build in mental check-ins

Before, during and after your workouts, take 30 seconds at a time to assess how you feel. Ask yourself: Where am I holding tension? How's my breathing? What do I need right now — intensity or grounding? These moments of self-awareness turn your fitness practice into a tool for emotional regulation, not just physical conditioning.



How to structure a mind-body-focused week

Here's a sample weekly structure to balance strength, mobility and nervous system support:

- Two days: Strength training with breath-focused movement prep and mobility cooldown.
- Two days: Breath-driven mobility or Pilates and low-intensity cardio (walking, light cycling, etc.).
- One day: A recovery day with breathwork and gentle stretching or yoga.
- Two days: Mixed training (circuit or flow-style) that blends mobility, strength and cardio.

Although having a plan is important, mind-body fitness is about listening to how you feel and adjusting accordingly. Movement can shift your mental and emotional state, but it works best when you begin with awareness and choose what best meets your needs, whether that means calming down or boosting energy. The goal is to support — not override — your system.

Remember, a mind-body fitness routine isn't about doing less, it's about doing what serves you more completely. By training with awareness, incorporating breath and mobility, and respecting the needs of your nervous system, you'll not only feel stronger — you'll feel more focused, resilient and grounded in everyday life.

Source: [The best kind of workout? One that trains both your body and brain](#)



Fill The Words With Appropriate Meaning!

1. Wellness :
2. Intentionality :
3. Regulation :
4. Resilience :
5. Grounded :
6. Interconnected:
7. Nervous :
8. Parasympathetic:
9. Depleted :
10. Regimen :
11. Diaphragmatic :
12. Facilitate :
13. Incorporate :
14. Clarity :
15. Chronically :
16. Impair :
17. Precision :
18. Alignment :
19. Conditioning :
20. Override :



Increasing your walking cadence can improve mobility

Are you not as strong and physically capable as you would like? Around 7% to 12% of Americans 65 and older are considered frail. That's when at least three of the following symptoms are true, according to Johns Hopkins Medicine: unintentional weight loss, reduced strength, exhaustion, low activity levels and a slow pace. Frailty often makes it difficult for older adults to complete day-to-day tasks. But there may be something they can do about it.

Increasing a person's walking cadence by 14 steps per minute was associated with a 10% increase in functional capacity in prefrail and frail older adults, according to a study published Wednesday in the journal PLOS One. Prefrailty is the period before frailty, where older adults may experience higher risk of physical impairment, cognitive decline, nutritional deficiencies and socioeconomic disadvantages.

"What we ended up finding was that those who are able to walk faster, particularly at a cadence 14 steps per minute faster than their usual pace, were more likely to improve in their mobility or endurance or function," said Dr. Daniel Rubin, the study's lead author.

"In particular, we were targeting to try to really improve (people's) mobility and their function, just because prefrail and frail older adults tend to be a little bit more limited, at least in the concept of physical frailty," added Rubin, associate professor of anesthesia and critical care at the University of Chicago. The study was a secondary data analysis of a primary trial that looked at walking intervention in retirement communities and took place over a span of 36 weeks.

Healthy aging and walking

Whether or not an older adult is frail, mobility is still an important part of healthy aging. By practicing easy strength-training moves, such as walking, you can improve your strength and combat frailty, experts say. Individuals who regularly incorporate walking exercises in their routines also experience longevity, which is living longer and better lives. Active older adults were 28% less likely to become disabled and were able to perform day-to-day tasks with little to no assistance, according to a 2020 study.

Other benefits include maintenance of healthy weight, reduced high blood pressure, decreased risk for type 2 diabetes and a stronger musculoskeletal system. "Walking has been associated with the same type of health outcomes as exercise activities (e.g., risk of mortality, cancer, cardiovascular diseases, improved cognitive ageing)," said Rayane Haddadj, a doctoral candidate in the department of public health and nursing at the Norwegian University of Science and Technology, in an email. He was not associated with the study.

"Advantages of walking are that it is a simple, low cost, and accessible activity that can be promoted widely to reduce the burden of various diseases and conditions," he added. Increasing your walking pace can lower the risk of heart rhythm abnormalities, such as atrial fibrillation, and walking for longer periods of time can have health benefits, such as reducing back pain.



“Even small increases in daily activity can make a difference. Walking more could therefore be a simple yet powerful way to reduce risk of chronic low back pain and other diseases,” Haddadj said.

How to achieve a higher walking cadence

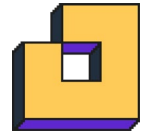
“I think one of the hardest parts when you’re giving public health advice, when you’re talking about walking, in particular, is what pace to walk at,” Rubin said. Previous methods used to help older adults follow a moderate intensity walking pace, such as the talk test or tracking heart rate, can be subjective and difficult to track pace or cadence accurately. “The easiest way is, actually, you can use a metronome on your phone,” Rubin said. “It’s called rhythmic auditory cueing.”

To do this, start by walking at your normal pace for 30 minutes and time it with the metronome. Once you’ve established a rhythm, you can gradually increase your pace by five or 10 steps per minute. “Some people use music to do that. Music is actually a little harder, unless you have a trained ear to really be able to identify the beat,” Rubin said.

While keeping this pace, older adults could also benefit from practicing conscious breathing, such as breathing through their nose, said CNN fitness contributor Dana Santas, a certified strength and conditioning specialist and mind-body coach in professional sports. Nasal breathing, which is when you inhale through your nose and exhale through your mouth, can help lower blood pressure and improve heart rate variability, according to a 2023 study. Doing so can help prevent development of hypertension.

It’s also important that you maintain good form while walking, such as standing tall and swinging your arms. It will prevent backaches, make it easy to breathe and keep you balanced. “Walking is a full body movement. It is not just about your lower body. It’s not just one step in front of the one foot in front of the other,” Santas said. “Your arm swing is a huge part involved in the mechanics of walking. So, you want to have an arm swing that’s coordinated with your foot movement, so it’s opposing.”

Source: [Increasing your walking cadence can improve mobility](#)



Fill The Words With Appropriate Meaning!

1. Frail :
2. Unintentional :
3. Exhaustion :
4. Cadence :
5. Functional :
6. Prefrailty :
7. Cognitive :
8. Nutritional :
9. Intervention :
10. Longevity :
11. Musculoskeletal:
12. Mortality :
13. Abnormalities :
14. Subjective :
15. Metronome :
16. Rhythmic :
17. Gradually :
18. Variability :
19. Hypertension :
20. Coordinated :



Food writers accuse popular influencer of plagiarizing their recipes

Two top food writers have accused influencer and bakery owner Brooke Bellamy of plagiarizing their recipes in her bestselling book. Nagi Maehashi, who runs the RecipeTin Eats website, and Sally McKenney, of the Sally's Baking Addiction site, allege that several recipes in Bellamy's book "Bake With Brooki," which is published by Penguin Random House Australia, were copied from their own work — accusations that Bellamy, who has two million followers on TikTok, has denied.

Maehashi, author of the New York Times bestseller "RecipeTin Eats: Dinner," who has 1.6 million followers on Instagram, set out her allegations in a post on her website Tuesday, publishing her own and Bellamy's recipes for caramel slice and baklava side by side. "To me, the similarities between the recipes in question are far too specific and detailed to be dismissed as coincidence," she wrote.

"I'm speaking up because staying silent protects this kind of behaviour. Profiting from plagiarised recipes is unethical—even if it is not copyright infringement—and undermines the integrity of the entire book," said Maehashi. "And it's a slap in the face to every author who puts in the hard work to create original content rather than cutting corners," she added.

Maehashi also quoted a message from Penguin's lawyers to her lawyer in which the company denies that the recipes were plagiarized. "Our client respectfully rejects your clients' allegations and confirms that the recipes in the BWB Book were written by Brooke Bellamy," reads a statement from Penguin's legal team quoted by Maehashi in her post.

Maehashi's second book, "RecipeTin Eats: Tonight," and Bellamy's "Bake With Brooki" are both shortlisted for the illustrated book of the year prize at the 2025 Australian Book Industry Awards (ABIA). CNN has contacted Maehashi and Penguin Random House Australia for comment. McKenney backed Maehashi in a post on Instagram, where she has one million followers.

"Nagi, you know how much I admire and support you — and I'm so grateful you let me know months ago that one of my recipes (The Best Vanilla Cake I've Ever Had, published by me in 2019) was also plagiarized in this book and also appears on the author's YouTube channel," she wrote.

"Original recipe creators who put in the work to develop and test recipes deserve credit — especially in a best-selling cookbook," added McKenney, who declined to offer further comment when contacted by CNN. In response, Bellamy published a post on Instagram on Tuesday in which she said she had been making and selling her caramel slice for four years before Maehashi published her recipe on her website.

Bellamy, who runs three branches of her bakery chain Brooki Bakehouse, also released a statement sent to CNN on Wednesday in which she said the response to the allegations has been "extremely overwhelming" and "deeply distressing." "I do not copy other people's recipes. Like many bakers, I draw inspiration from the classics, but the creations you see at Brooki Bakehouse reflect my own experience, taste, and passion for baking, born of countless hours of my childhood spent in my home kitchen with Mum," the statement reads.



“While baking has leeway for creativity, much of it is a precise science and is necessarily formulaic. Many recipes are bound to share common steps and measures: if they don’t, they simply don’t work,” Bellamy added. Maehashi acknowledged that the law around plagiarism and online content makes it hard to challenge legally.

“Copyright law protects creative expression, not facts or functional instructions. So while you can’t copyright the idea of ‘a caramel slice made without golden syrup in the filling’ copyright can protect the way a recipe is written,” she wrote.

“In practical terms, this means if someone copies enough of your words, they may be infringing your copyright. But if they just use the same ingredients and basic steps written in their own words, it’s usually not an infringement of copyright – even if it’s unethical because you have not been given credit,” Maehashi added.

Source: [Food writers accuse popular influencer of plagiarizing their recipes](#)



Fill The Words With Appropriate Meaning!

1. Plagiarizing :
2. Bestselling :
3. Allege :
4. Accusations :
5. Similarities :
6. Coincidence :
7. Unethical :
8. Infringement :
9. Undermines :
10. Integrity :
11. Shortlisted :
12. Illustrated :
13. Admire :
14. Overwhelming :
15. Distressing :
16. Inspiration :
17. Formulaic :
18. Expression :
19. Functional :
20. Infringing :



Why mango sticky rice is one of Thailand's most beloved summer dishes

There are said to be more than 200 types of mangoes grown in Thailand. But when it comes to creating one of the country's most beloved desserts, khao nieow mamuang, connoisseurs say few varieties will do. Better known to the rest of the world as mango sticky rice, it's a deceptively simple dish. Slices of sweet, ripe mango are set next to a mound of glutinous rice that's topped with a coconut-based cream sauce and a light sprinkling of yellow mung beans. If done right, the result is pure magic, the perfect balance of flavors and textures.

And few have perfected that balance as well as 63-year-old Varee Jeensuwan, the undeniable queen of mango sticky rice in Bangkok. Her shop in Bangkok's busy downtown Thonglor neighborhood, Mae Varee, has been operating since 1981. "The best dessert during summertime in Thailand is mango and sticky rice," she tells CNN. "From March to May is the best time of the year to have it — the mangoes will be naturally sweet and abundant, the price is low. The sticky rice is aromatic due to its freshness."

Thailand's nam dok mai (water of the flower) mangoes are the most popular variety for the dish, as they possess a sweet flavor and smooth texture. Varee says some of the best nam dok mai mangoes are found in Chacheonse province's Bangkhla district. Another popular variety used in mango sticky rice is Oak Rong, which she says has to come from Damnoen Saduak district in Ratchaburi province. "It is difficult to find, and only available a little bit in January and more in March and April," she says. "Oak Rong is only famous among Thais, most foreigners are not familiar with this variety. They know Nam Dok Mai."

Though mangoes play the starring role in khao nieow mamuang, the other ingredients are just as important, says Varee. In her shop, they use sticky rice grains specially selected from Thailand's northernmost province, Chiang Rai. Coconuts come from Suratthani province, in the south, as they must have an intense flavor that complements the sticky rice. The yellow mung beans are baked, not fried, to give the dish a slight crisp.

"Even the salt used in the cream, we order it from Samut Sakorn," she says, referring to a coastal province south of Bangkok. As for their customer base, she says they cater to a mix of Thais and foreign tourists. "I would say most of my foreign customers are from China, Hong Kong and Singapore," says Varee. "When they are here, they will have to check-in on social media in front of my shop. They said if they visit Thailand and don't check-in, they are not really in Thailand yet."

The Milli effect

It's impossible to talk about Thailand's love for khao neao mamuang without mentioning popular young Thai rapper Milli, whose real name is Danupha Khanatheerakul. In 2022, she performed at the Coachella music festival in California and ended her show by digging into a bowl of mango sticky rice. The act ignited a nationwide craving for the dish back in Thailand. In Bangkok, images on social media and news sites showed the city's most famous mango sticky rice shops suddenly being inundated with orders, evidenced by the lineups of delivery service drivers waiting outside.



Among those to benefit from the Milli effect was K Panich. One of the oldest purveyors of mango sticky rice in the city, it first opened in 1932, just a 15-minute walk from the Grand Palace, a popular historic attraction. A sign hanging at the entrance of this tightly-packed traditional shophouse hints at its culinary credentials — it's received Michelin's Bib Gourmand award every year since 2019, a nod to its good value and high quality.

During a recent visit, a small crowd has already gathered by 8:30 a.m., a mix of delivery drivers, local customers and foreign tourists sitting on wooden stools near the counter outside waiting for their orders. Tables, baskets and crates are piled high with bright yellow Nam Dok Mai mangoes. Khun Nan, a manager on site, tells CNN the secret to the shop's longevity is their commitment to sourcing top ingredients from all over the country.

"We focus on the quality of the raw materials," she says, noting that dozens of foreign tourists visit the shop each day. For those who just want to buy whole, uncut mangoes, K Panich allows its suppliers to set up outside the shop and sell their wares. That includes Saowalak Chaimeesuk, 54. When asked why the tropical fruits are such a popular summer treat in Thailand, she says much of it has to do with nostalgia. "In the old days we didn't grow Nam Dok Mai all year, but now thanks to advances in agriculture we can have them during any season," she says.

A fusion of culinary traditions

Mango sticky rice might be a popular street food, but it's also a familiar site on dessert menus at high-end restaurants all over the country, with some featuring a modern twist. Two Michelin-starred R-Haan in Bangkok, for instance, offers a refreshing "Home Sweet Home" Thai Mango Sticky Rice dish — a three-variety mango parfait served with sticky rice and coconut ice cream.

According to R-Haan co-owner/chef Chumpol Jangprai, there's evidence suggesting mango sticky rice has been around since Thailand's late Ayutthaya period (1351-1767), with references to the dish found in the centuries to follow. "Recipes from King Rama V's reign (1868-1910) mention 'khao niew moon,' which is glutinous rice steamed with sweetened coconut milk," says the chef.

"This was likely served with various fruits, including mangoes. Although not native to Thailand, mangoes have been cultivated here for a long time. This readily available fruit became a natural partner for the sweet sticky rice." So while khao nieow mamuang might not be an ancient dessert, he says its history reflects the fusion of Thailand's culinary traditions with readily available ingredients.

"It's a testament to the ingenuity and deliciousness that Thai cuisine is known for," says Chumpol. Want to try to make it yourself? R-Haan has shared a detailed mango sticky rice recipe on its website.

Source: [Why mango sticky rice is one of Thailand's most beloved summer dishes](#)



Fill The Words With Appropriate Meaning!

1. Connoisseurs :
2. Deceptively :
3. Glutinous :
4. Sprinkling :
5. Undeniable :
6. Abundant :
7. Aromatic :
8. Varieties :
9. Complements :
10. Ignited :
11. Inundated :
12. Purveyors :
13. Culinary :
14. Nostalgia :
15. Fusion :
16. Parfait :
17. Reign :
18. Cultivated :
19. Ingenuity :
20. Testament :



Meet the woman behind Dubai's viral super-chunky chocolate bar

On TikTok, gooey, crunchy, loaded chocolate bars are going viral. Bursting with unusual fillings such as filo pastry, vanilla custard, or tea and biscuits, these chunky chocolate bars originate from Fix Dessert Chocolatier. “We take a lot of time and effort, and put a lot of love into our bars,” says Sarah Hamouda, founder of Fix. It’s not just a chocolate bar, she says: “We want to create an experience.”

The 38-year-old, who has been Dubai-based for nine years, launched the brand in 2021 as a side hustle. Inspired by her pregnancy cravings, the British Egyptian entrepreneur set out to create something more than the “typical” chocolate fix. And it’s proven hugely popular: a now-viral ASMR video of TikTok food influencer Maria Vehera eating a bar in her car has been viewed more than 56 million times to date, and hundreds of people have since filmed their own reactions to the bars, or created recipe guides trying to replicate it at home

The buzz around the brand has been “unreal,” says Hamouda, adding that Fix’s daily orders went from single digits to 500. “To be honest, not at any point did I think this was going to become global,” says Hamouda, adding that she’s had messages and video responses from people from Canada to Argentina to Romania. “It’s insane what’s been happening.”

Choc-full of flavor

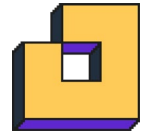
As the bars are handmade — including colorful designs painted on each one — there’s a limit to how much the team can produce. “For me, it’s really important (to maintain) the quality and the ingredients of our products,” she says, adding that the secret to her bars is the signature mold she uses to shape the chocolate and pack in the filling.

Part of the appeal of Fix’s bars is the creative names, which Hamouda’s husband comes up with, and the uniquely Middle Eastern flavors, like dates, karak (a spiced tea blend), and knafeh, a traditional Arabic dessert made with shredded pastry, pistachios, sweet soft cheese, and syrup. Dubai’s international, expat-heavy population inspired some of the flavors, too, such as “Mind your own Biscoff,” a white chocolate bar packed with crunchy Lotus cheesecake spread, or “Cereously Chewsy,” a slab of milk chocolate stuffed with Nutella fudge brownies, custard and cereal.

A choco-lot of demand

FIX — which stands for “freaking incredible experience” — is currently only available in Dubai. And with international attention, that’s become a big problem. “Keeping up with the demand has definitely been a challenge,” Hamouda says. Since the video began trending in February this year, the company has scaled up, from just Hamouda and her husband operating out of their home to a team of 10 in a rented kitchen

The 200-gram chocolate bars, which retail for \$20 each, are only available through food delivery service Deliveroo, with sales going live at 5pm daily. Capped at 500 orders each day, Hamouda says they usually sell out within minutes. While this might be an enviable problem, Hamouda says there has been backlash online, with customers complaining about the scarcity of the bars and criticizing the hype as a marketing ploy.



The shortage has led to many candy bars inspired by “Dubai’s viral chocolate” hitting online retail platforms, and home chefs are giving it a go themselves. While some might worry about the competition, Hamouda is flattered. “We get messages from people saying, ‘thank you for inspiring us to be creative at home,’ so that’s something that I’m proud of,” she says. Fan’s desperation to try the unusual flavors and textures has led to a “chocolate black market” with the bars showing up in South Africa at exorbitant prices.

Hamouda is awed by the response — and hints that Fix will be making its way to international markets very soon. “We have a lot in the pipeline,” she says. “Every trend has its moment. But I think we have so much more to give and I think this is just the beginning for us.”

Source: [Meet the woman behind Dubai’s viral super-chunky chocolate bar](#)



Fill The Words With Appropriate Meaning!

1. Gooney :
2. Proud :
3. Custard :
4. Chocolatier :
5. Hustle :
6. Cravings :
7. Entrepreneur :
8. Replicate :
9. Global :
10. Handmade :
11. Signature :
12. Shredded :
13. Expat :
14. Demand :
15. Scaled up :
16. Backlash :
17. Scarcity :
18. Ploy :
19. Flattered :
20. Exorbitant :



These female artists broke the mold in the '70s — and they're not done yet

Visitors to European galleries with an interest in pioneering women artists will have plenty of choice this summer, with a series of new exhibitions featuring some of the biggest names in 20th century art.

Fantastical sculptures and dreamlike drawings by the late French artist Louise Bourgeois, famed for her towering spiders, are on display at the Courtauld Gallery in London. Elsewhere in Spain, the Guggenheim Museum Bilbao is hosting a solo exhibition of American collagist and conceptual artist Barbara Kruger. And fellow American artist Cindy Sherman, known for her chameleonic self-portraiture, is the focus of a solo show at Hauser & Wirth Menorca, on the picturesque Balearic Islands.

Each of these artists — whether through sculpture, photography, video, painting or language — has challenged conventional portrayals of women's bodies, emotions and experiences. And they've managed to sustain a legacy of radical, often political art, over the course of decades. (Almost all of these current exhibitions include new or recent bodies of work.) That their art remains in focus is both a notable feat and a sign of the times.

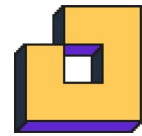
Asked what might be the reason behind such enduring interest, Gabriella Nugent, a London-based art historian and curator specializing in global modern and contemporary art, wrote over email: "The 1970s witnessed the emergence of second-wave feminism and a critique of the structures of patriarchy that determined women's public and private lives."

During this transformative period, feminist art historians such as Linda Nochlin and Ann Sutherland Harris helped to, as Nugent said, "rehabilitate the work of women artists and expose the terms of their exclusion" through groundbreaking texts and exhibitions. She explained that the likes of Kruger and Sherman "came of age against this backdrop and engaged with the debates of the time in their artwork."

Bourgeois (who will also receive a major retrospective at PoMo in Trondheim, Norway, from February 2026) found a wider audience around the same time as this younger generation of artists, despite having practiced art since the 1930s. "In the 1970s the women's art movement in New York took her (Bourgeois) up as a key precursor to feminist art," said Jo Applin, who helped curate both the drawing display and sculptural show both taking place at the Courtauld Gallery this summer.

The 'Pictures Generation'

The 1970s were a generative decade for pioneering art in other ways. It was a "watershed moment in terms of arts' relationship to mass media," explained Tanya Barson, curatorial senior director at Hauser & Wirth, who added that this transformation laid the foundation for artists like Sherman. "She became part of a group of artists called the 'Pictures Generation' who made work that examined this relationship. Her work is made for an audience who have grown up not just with film and advertising but with television as part of their reality. Looking back, it was the first generation for which this was the case," Barson told CNN.



In many ways, Sherman was an artist ahead of her time. “Her use of photography to record these identities is something that prefigures the use of social media today,” Barson said of her performances and manipulation of personas. “She was really in advance of a transformation in society and our relationship to images, to media more widely, and our use of them,” added Barson.

“I think Sherman’s work expresses something fundamental about how we live today and how we relate to images. In many ways, we live through images now. We also are absolutely involved in constructing our identities for an ever present but invisible and anonymous audience,” Barson said. While Sherman constructed some of these personas 50 years ago, Barson believes they are perennially familiar. “We know these subjects, we have met them or seen them on TV, or on Instagram or Tik Tok,” she said.

Kruger, another key figure of the Pictures Generation, began borrowing advertising and graphic design techniques to explore power in the context of consumerist and patriarchal structures. The artist continues to interrogate the interplay between image and text in culture today -- illustrating the persistent dominance of advertising, as well as the peculiarities of newer phenomena, such as memes.

Finding a new audience

The feminist movement that coincided with the emergence of these artists addressed issues around the emancipation of women, particularly reproductive rights and sexuality. Such issues have come back under the spotlight amid the rollback of legal rights regarding women’s bodily autonomy in some Western nations.

“Many of the debates that charged their work in the 1970s are still ongoing today, from abortion in the United States to child care in the United Kingdom,” explained Nugent. The slogan “Your body is a battleground”, used by Kruger in her famous poster for the 1989 Women’s March in Washington, D.C., resurfaced last year in another of her pieces displayed on the side of a truck in Miami, FL., as part of a travelling project calling for reproductive and healthcare access for all.

Nugent said that, although “women artists all over the world have long addressed the gender-defined differences that they had to navigate,” the symbolic impact of US President Donald Trump’s reelection and rise of self-proclaimed misogynist influencer Andrew Tate may partly explain why the work of these artists resonates today.

Newer audiences may find comfort in engaging with artists who have lived and worked through earlier eras of political struggle. At the same time, the potency of their art has enshrined many of these figures as perennially relevant, even beyond immediate political lines. For instance, Bourgeois’ deeply personal works “speak to universal themes of fear, anger, desire, anxiety that we can all identify with,” said Applin. It could be why her work, like that of Sherman, Kruger, and countless other female artists who made their names in the 20th century, continues to be relevant.

Source: [These female artists broke the mold in the ‘70s — and they’re not done yet](#)



Fill The Words With Appropriate Meaning!

1. Pioneering :
2. Fantastical :
3. Conceptual :
4. Chameleonic :
5. Portrayals :
6. Radical :
7. Enduring :
8. Critique :
9. Patriarchy :
10. Rehabilitate :
11. Precursor :
12. Watershed :
13. Prefigures :
14. Perennially :
15. Interrogate :
16. Emancipation :
17. Autonomy :
18. Resurfaced :
19. Misogynist :
20. Enshrined :



Construction of world's tallest abandoned skyscraper to resume after a decade

Construction of the world's tallest unoccupied skyscraper may resume as early as next week, almost 10 years after work ground to a halt, according to Chinese state media. The 597-meter-tall (1,959-foot) Goldin Finance 117, which topped out in the northern Chinese port city of Tianjin but has stood unfinished since 2015 amid major financial difficulties, is now expected to complete in 2027.

At 117 stories high, the tower was set to be China's tallest skyscraper when it broke ground in 2008. The soaring structure was built using "mega columns" to protect against strong winds and earthquakes, while its "walking stick" design was topped by a diamond-shaped atrium containing a swimming pool and observation deck. It was set to contain offices and a five-star hotel on the upper floors, according to architects P&T Group.

But the project came to a standstill following the 2015 Chinese stock market crash that plunged the future of Hong Kong-based Goldin Properties Holdings into doubt. The real estate developer, whose founder Pan Sutong was once among Hong Kong's richest businessmen, has since gone into liquidation.

A new construction permit — which reportedly lists a contract value of almost 569 million yuan (\$78 million) — suggests the defunct developer's title may have been dropped from the building's name, according to state media. It is unclear whether plans for the "supertall" skyscraper's use remain unchanged. Neither P&T Group nor BGI Engineering Consultants, the state-owned company named on the permit, responded to CNN's requests for comment.

Over the last decade, the abandoned skyscrapers littering China's skylines have become emblematic of the country's real estate woes. In 2020, its housing ministry and National Development and Reform Commission issued guidelines banning new towers over 500 meters (1,640 feet) in height — a move seemingly aimed, in part, at reining in the speculative financing often underpinning skyscraper projects.

On Monday, China's Greenland Group announced that work is also resuming on the previously stalled Chengdu Greenland Tower in the southwestern city of Chengdu, local state-owned media reported. Construction of the 468-meter-tall (1,535-foot) skyscraper has been on hold since 2023, after the state-owned developer encountered financial difficulties, according to Reuters.

The fact that two high-profile projects are resuming at the same time is unlikely to be a coincidence, said Qiao Shitong, a law professor at Duke University School of Law and the author of two books on Chinese real estate.

"The national government has made it clear it wants to stabilize the real estate market," said Qiao over a video call, adding that it has been encouraging local governments to help "revive" the struggling sector. "It is signaling to the market — (it's) not only about the skyscrapers themselves." Although the Tianjin tower's new financing is yet to be disclosed,



Qiao believes the state has offered investment and debt restructuring to help kickstart the project.

“(Supertall skyscrapers) are not necessarily the most efficient projects and they are not necessarily making profits, but they are indicators,” he said. “By having this project revived and completed, the government at least hopes it can increase people’s confidence.” For local officials, completing abandoned skyscrapers is also about “the image of the city,” said Fei Chen, a reader in architecture and urban design at the UK’s University of Liverpool. “They don’t want a project to be unfinished and to stay like that, which is an eyesore for everyone.”

Chen stressed, however, that the resumption of projects in Tianjin and Chengdu is unlikely to herald a return to the “vanity projects” of recent years. “The government is conscious that although these (skyscraper) projects have some positive effects on the area, they require too much investment and are not financially or environmentally sustainable... I think the general urban development trend is not changed by the fact that some projects are being resumed. I think it’s more about local government efforts to make their city better.”

Despite economic concerns and tightening regulations, China continues to dominate global skyscraper construction. Of the 133 skyscrapers measuring 200 meters or above completed around the world last year, 91 were in China, according to data from the Council on Tall Buildings and Urban Habitat.

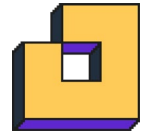
Chen said that skyscrapers, although expensive to build, are often used by developers as “magnets” for investment in the surrounding area. Goldin Finance 117, for instance, was part of a wider development containing villas, commercial buildings and offices, as well as a convention center, entertainment center and polo club. The fate of these projects is not explicitly outlined in the new construction permit, though it reportedly describes the development of several “commercial corridors.”

But with sluggish property sales and struggling office occupancy rates across China, the project’s economic viability remains in question, said Qiao. “It’s a huge investment,” he added “And I seriously don’t know who is going to buy or rent this commercial space.”

During the decade-long hiatus, Tianjin welcomed another supertall skyscraper — the Tianjin CTF Finance Centre, which at 530 meters (1,739 feet) is currently the world’s eighth tallest completed building. Goldin Finance 117 has meanwhile been surpassed in height by both the twisting Shanghai Tower and the Ping An Finance Centre in Shenzhen, meaning it would now only become the country’s third tallest (and the world’s sixth tallest) skyscraper upon completion.

It will fall to eighth globally if Saudi Arabia’s kilometer-high Jeddah Tower — on which construction also recently resumed, following a years-long hiatus — and Dubai’s Burj Azizi are both completed later this decade.

Source: [Construction of world’s tallest abandoned skyscraper to resume after a decade](#)



Fill The Words With Appropriate Meaning!

1. Unoccupied :
2. Resume :
3. Unfinished :
4. Atrium :
5. Liquidation :
6. Defunct :
7. Emblematic :
8. Woes :
9. Speculative :
10. Underpinning :
11. Stabilize :
12. Revive :
13. Restructuring :
14. Indicators :
15. Eyesore :
16. Herald :
17. Sustainable :
18. Occupancy :
19. Viability :
20. Hiatus :



North Korea unveils new 10,000-home showpiece residential district

As North Korea slowly emerges from five years of self-imposed pandemic isolation, a glittering new high-rise neighborhood in the capital Pyongyang is taking center stage. Photos of the 10,000-apartment development, released by state news agency KCNA after the country's leader Kim Jong Un inspected the site Saturday, show residential skyscrapers spilling out from a wide boulevard in the new district, Hwasong.

The project is part of a major construction drive in the capital, and across much of the internationally isolated, authoritarian nation, intended to improve living standards. The homes are part of an ambitious five-year plan, announced in 2021, to build 50,000 additional apartments in Pyongyang, where residents' quality of life is considerably higher than elsewhere in the impoverished country.

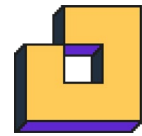
But despite the gleaming images of Pyongyang's new skyline, high-rise living in North Korea is not necessarily a symbol of luxury. Frequent power outages mean that elevators in residential buildings often do not function, making daily life difficult for those living in upper floors. As a result, younger residents are typically assigned higher apartments, while older residents are moved to lower floors to minimize the physical strain of climbing stairs, as witnessed by CNN during multiple visits to the country.

Housing shortages remain a significant challenge for North Korea, which is also grappling with a faltering economy, surging commodity prices, and ongoing food insecurity. A 2021 study by researchers from South Korea's Institute of Civil Engineering and Building Technology suggested that the country only has enough homes to accommodate 70% to 80% of its households. Outside of the showpiece capital, many homes are dilapidated and lack consistent access to electricity, clean water and sewage services.

The new neighborhood features numerous tall towers — two of which are connected by a soaring skybridge — as well as “educational, commercial and service facilities,” according to state media. KCNA claimed that Kim was closely involved in the design and “energetically led the work of drawing up the construction plan.”

Kim's site visit comes ahead of the official opening ceremony on April 15, one of the country's most important public holidays, celebrating the birthday of his grandfather, North Korea's late founder, Kim Il Sung. The opening will complete the third stage of construction at Hwasong, an area described by state media as a “beautiful and modern urban quarter” that signifies “a new era of prosperity” for Pyongyang.

Pyongyang has been largely closed off to visitors since North Korea shut its borders in response to the Covid-19 pandemic more than five years ago. A small number of Russian tourists visited the city in 2024, though the capital was off-limits to the international tour group that entered the country last month before trips were again suspended. The latter group was only permitted to visit Rason, a special economic zone near the country's border with China and Russia.



Hwasong is the latest in a series of recent urban developments in Pyongyang, which is known for its pastel-colored, Soviet-style architecture. Other large residential projects have been built around Mirae Scientists Street and Songhwa Street, where the country's second tallest building — the Songhwa Street Main Tower — was completed in 2022.

North Korea is also expanding housing beyond Pyongyang, building thousands of homes in mining towns and rural areas. While these projects aim to modernize the country, they rely on soldiers and civilian laborers working under harsh conditions with little pay. Housing is assigned by the government, prioritizing those who are considered most loyal to the ruling Kim family and people working in sectors considered most valuable to the nation, such as scientists and engineers.

State media has previously boasted about the pace of construction in the capital, dubbing it "Pyongyang Speed." Officials claim to have completed the frame of a 70-story skyscraper at the capital's Ryomyong New Town in just 74 days.

But experts have expressed concerns about the quality of the construction materials and workmanship on the country's building projects — especially after a Pyongyang apartment building, which may have housed dozens of families, collapsed in 2014. State media attributed the disaster, for which no official death count was disclosed, to "sloppy building" and "irresponsible supervision of officials."

North Korea's military, which plays a central role in the country's construction projects, has likely been instrumental in completing the new district, as it has with previous large-scale developments. There are more than 1 million active-duty personnel and conscription is mandatory. Most men are required to serve for at least ten years, starting from age 17, often without any contact with their families. Even after serving, they remain part of a civil paramilitary force, numbering in the millions.

Kim has recently signaled that his government's construction plans now stretch beyond the five-year targets announced in 2021. Last month, he said the capital's "rundown and old" neighborhoods will also be redeveloped in the near future.

Source: [North Korea unveils new 10,000-home showpiece residential district](#)



Fill The Words With Appropriate Meaning!

1. Self-imposed :
2. Glittering :
3. Inspected :
4. Boulevard :
5. Authoritarian :
6. Ambitious :
7. Impoverished :
8. Outages :
9. Grappling :
10. Dilapidated :
11. Signifies :
12. Suspended :
13. Pastel-colored ;
14. Laborers :
15. Prioritizing :
16. Workmanship :
17. Collapsed :
18. Supervision :
19. Instrumental :
20. Conscription :



Answer Questions Below After Reading The Texts

1. According to experts in the article about parenting, "gentle parenting" on social media is often just another term for which of the four main parenting styles?
 - A. Permissive
 - B. Neglectful
 - C. Authoritarian
 - D. Authoritative
 - E. Punitive
2. Based on the study about personality and exercise, what type of workout do more extroverted people tend to prefer?
 - A. Private workouts at home
 - B. Low-intensity exercise with short breaks
 - C. High-intensity training sessions with others
 - D. Stretching exercises for 10 minutes a week
 - E. Workouts that are anxiety-inducing
3. When performing mindful movement, using focused and deep breathing stimulates the vagus nerve, which in turn activates which part of the nervous system to promote a "rest and recover" state?
 - A. The central nervous system
 - B. The sympathetic nervous system
 - C. The somatic nervous system
 - D. The fight-or-flight system
 - E. The parasympathetic nervous system
4. The study on mobility found that increasing an older person's walking cadence by how many steps per minute could lead to a 10% increase in their functional capacity?
 - A. 5 steps per minute
 - B. 10 steps per minute
 - C. 14 steps per minute
 - D. 20 steps per minute
 - E. 25 steps per minute
5. In the article about recipe plagiarism, influencer Brooke Bellamy is accused of copying recipes by which two food writers?
 - A. Penguin Random House and CNN
 - B. Nagi Maehashi and Sally McKenney
 - C. The New York Times and the ABIA
 - D. Her lawyers and her publisher
 - E. RecipeTin Eats and Brooki Bakehouse



6. What is the name of the most popular mango variety used in Thailand to make the dessert khao nieow mamuang (mango sticky rice)?
 - A. Oak Rong
 - B. Damnoen Saduak
 - C. Nam dok mai
 - D. Chiang Rai
 - E. Suratthani
7. Sarah Hamouda's viral chocolate brand from Dubai is named Fix Dessert Chocolatier. What does the name "FIX" stand for?
 - A. It is short for "fixation"
 - B. Freaking Incredible X-perience
 - C. For Incredible X-periments
 - D. Freaking Incredible Experience
 - E. Founder's Incredible X-factor
8. Female artists like Cindy Sherman and Barbara Kruger, who challenged conventional art in the 1970s, were part of a group known by what name?
 - A. The 'Pictures Generation'
 - B. The Second-Wave Feminists
 - C. The Courtauld Gallery Group
 - D. The Rehabilitated Artists
 - E. The Chameleonic Artists
9. What is the name of the world's tallest unoccupied skyscraper, located in Tianjin, China, where construction is set to resume after a decade-long halt?
 - A. Jeddah Tower
 - B. Tianjin CTF Finance Centre
 - C. Chengdu Greenland Tower
 - D. Goldin Finance 117
 - E. Shanghai Tower
10. What is a major daily difficulty for residents living in the new high-rise apartments in Pyongyang, according to the text?
 - A. The buildings are located in an isolated area.
 - B. There is a lack of commercial and service facilities.
 - C. The apartments are assigned only to the military.
 - D. Frequent power outages mean the elevators often don't work.
 - E. The rent is too expensive for most citizens.