**FPT EDUCATION**

**FPT POLYTECHNIC COLLEGE**

**ENGLISH 2.2**

**TOPIC 4:**

**Student’s name: Hồ Xuân Phát**

**Student’s code: Ps33107**

**Instructor: Nguyễn Thị Như Nhiên**

**Class: ENT2226.99\_FA23**

***Ho Chi Minh City, 12/6/2023***

**COMMENTS**

**🙚□🙘**

***🖎 Lecturer 1 :***

***🖎 Lecturer 2:***

**Topic 1:** Hello teacher, my name is Phat. Today I want to talk about the hotel I stayed at.

First of all, I want to say that the hotel I stayed at was a 4-star hotel.The last time I stayed at a hotel was about 3 years ago.The name of the hotel is Sophia.It is located in Phan Thiet.I think the location is very good because it's close to the beach and the city center.I stayed in a double room because I went there with 3 people.The price is about 800,000 VND/night.Well, I took some snacks and cola from the mini-fridge.

Second, I want to talk about facilities, services and amenities.The hotel has many amenities such as a swimming pool, gym, restaurant.There are several services such as laundry service, bell service.I used the laundry service, minibar, and bell service.The room has 2 beds, a wardrobe, TV, air conditioner, refrigerator and full other equipment. I am very satisfied with my stay.What I liked most was the big swimming pool there so I could swim comfortably. I didn’t like that the check-in procedure was quite long because many tourists were coming here.

In short, I can say that this hotel is great with enough amenities for everyone to come here to relax and I will recommend it to my friends.That brings me to the end of my talk

**Topic 2:** Hello teacher, my name is Phat. Today I want to talk about good and bad driving habits.

First of all, I want to share with you my motorbike riding experience.I often ride a motorbike to school every day.I have been riding motorbikes for about 5 years.My family has 6 motorbikes.I don't consider myself a good driver, but I have a driver's license and am qualified to drive.

Second, I want to talk about good and bad driving habits.Good driving habits are paying attention, obeying speed limits and maintaining a safe distance. Bad driving habits are honking, staring at the other side of the road and signaling to other drivers.I think not stopping at red lights is the most dangerous driving behavior because it can cause accidents for many other people and also for yourself. I'm a good racer Traffic, so I usually pay attention, drive at the right speed and obey the law. Traffic law.

Finally, it's about an accident I saw before.I witnessed an accident in front of my school in middle school. It was about 7 years ago.Luckily, no one was injured in the accident.Only cars were damaged because they crashed into each other. I was waiting to cross the street when the accident happened. I called an ambulance.I have learned that talking on the phone while driving is dangerous because it makes the driver not pay enough attention while driving.We should avoid using phones while driving, speeding and disobeying traffic lights.In short, everyone must drive carefully to be safe, avoid bad driving habits and to avoid unexpected accidents.This is the end of my speech. Which brings me toEnd of my talk. Thank you for listening.

**Topic 3:**

Hello teacher, my name is Phat. Today I want to talk about how you take care of your appearance.

First of all I want to share with you my thoughts on my appearance and how I take care of it. I often take care of my appearance. I am happy with my appearance. I usually take care of my teeth by brushing my teeth twice a day when I wake up and when I go to bed

Second, I want to talk about a place I often go to take care of my appearance. I often go to the barber shop. I often go to the barber shop by motorbike. My favorite barbershop is 4rau and I often go to the barbershop to get my hair done. The barber shop is located on Nguyen Anh Thu street. I went there alone. The amount I have to pay each time is 100,000 VND including haircut and facial care.

Finally, it's about cosmetic surgery. I think plastic surgery is good. It helps people change and become more beautiful. Cosmetic surgery can change your appearance and make you look better in less time, but it is expensive and can be risky. If I had money, I wouldn't have plastic surgery because I would use it for more useful things.

In conclusion, I would say that everyone should take care of their appearance to look better, feel more confident and be more successful in life. However, people should not abuse cosmetic surgery because it can be dangerous.

This is the end of my speech. Thanks for listening.

**Topic 4:**

**Topic 4:**

Hello teacher, my name is Phat , I'm 19 years old . Today I want to talk about my eating habits

First, I want to share with you about my passion for food. I'm crazy about salads. I usually eat it 4 times a week. I often eat that dish at home with my friends. I like it because it's easy to make and healthy. It has a sweet, sour, and salty taste. I don't like french fries because they have too much oil. I used to love eating fast food, but now I don't because it's harmful to my health.

Second, I want to talk about my eating habits and health. I usually eat 3 times a day, including morning, lunch and dinner. I have a healthy diet because it helps my health better. I usually eat a lot of vegetables and meat, which provide fiber and protein to give me the strength to function all day long. I am a healthy eater because I value my health. Healthy eating habits are eating a lot of fruit and vegetables, eating enough nutrients and avoiding high calorie food. Unhealthy eating habits are skipping meals, eating too much and eating a lot of fatty food. I think eating in moderation and full of nutrients helps people prolong their life.

Finally, I want to talk about my favorite type of diet. The name of my favorite diet is low-fat. This diet is to control weight, reduce the risk of diseases, and promote better health. I usually eat foods like fish, vegetables, and nuts. I often avoid foods that are high in oil, starch, and sugar. They help keep the body stable. I try to eat healthier to have a better healthy life. Thank you for listening.