Topic 1:

Good afternoon teacher. Let me introduce myself. My name is Dat.I'm 19 years old. My hometown is Phu Tho.I'm a student at FPTPL. My major is Software Development. Today I will talk about topic 1 – A HOTEL I HAVE STAYED IN.

Firstly, The hotel is located in Thanh Hoa. The name of the hotel is ”Thanh Long”. The hotel’s location is near the beach, convenient for watching the sunrise. I stayed at this hotel 2 years ago when I traveled with my family.

Next, My family stayed in a double room because my parents wanted us to stay together. The room rate is about 400,000 VND for a one night stay. My room had a TV, two queen-size beds,a minibar,a wardrobe,etc. The hotel has many services such as laundry service, mini bar, swimming pool, makeup room, etc. I used the laundry service and I took a few cans of Pepsi from the mini bar. I didn't request housekeeping service because I could do it myself.

Finally, I’m very satisfied with my stay. I like the service most. I don't like the bathroom because the water smells. I will recommend it to my friends.

That’s all about my topic.Thank you for reading.

Topic 2:

Hello everyone. Let me introduce myself. My name is Đạt. I'm 19 years old. My hometown is Phú Thọ.I'm a student at FPT Polytechnic. My major is Software Development. Today I will talk about topic 2 – My driving habits.

I don’t know how to drive a car but i’m going to learn driving in the near future.While driving,we have to follow the traffic rules and have good driving habits.Good driving habits are stopping at red lights, turning signals when turning and not using your phone while driving.Along with good driving habits, there are also bad driving habits.Bad driving habits are speeding,weaving through traffic and not stoping at red lights.I think,the most dangerous driving behavior is driving after using alcohol. I have driving habits are wearing a helmet, always stopping at red lights, and always paying attention to traffic signals when riding a motorbike.

Bad driving habits can cause a lot of accidents.Let me tell you about an accident I saw.I saw accident when I went home.The  accident happened in front of my house gate last month.In the accident, a car and a motorbike collided.The car driver did not signal when turning.No one was injured.The car headlight was broken and the motorbike is scratched.My lesson learned has been to always be careful on the road and always pay attention.

That’s all about my topic.Thank you for reading.

Topic 3:

Hello everyone. Let me introduce myself. My name is Đạt. I'm 19 years old. My hometown is Phú Thọ.I'm a student at FPT Polytechnic. My major is Software Development. Today I will talk about topic 3–ABOUT HOW I CARE MY APPEARANCE.

Firstly,I am happy with my appearance. I important appearance,because good appearance makes me more confident. Inner beauty and outer beauty are both important but to me inner beauty is more important.Because you will impress and attract other people by inner beauty, your behaviors.

Next, I take care of my teeth by brushing my teeth twice a day. I use P/S toothpaste and for my teeth. I've never been to a salon or spa.I often get my hair cut at the barber shop.The barber shop is located on Nguyen Xa street, Tu Liem district, Hanoi city. Once a month I go there alone and only use the haircut service. It takes 50000 vnd.

Finally, I think cosmetic surgery is good. Because it helps us to be more beautiful and more attractive.Cosmetic surgery makes us more confident and have more chances. However, it costs a lot of money because the services are expensive and it can cause many risks of health problems. If I have money. I don't do cosmetic surgery. I will use it for other things which are more meaningful.

That’s all about my topic.Thank you for reading.

Topic 4:

Hello everyone. Let me introduce myself. My name is Đạt. I'm 19 years old. My hometown is Phú Thọ.I'm a student at FPT Polytechnic. My major is Software Development. Today I will talk about topic 4 – About my eating habits.

I have eaten a lot of foods such as seafood, chicken, pork... greasy foods.In daily life, in the morning I eat a sandwich and a bottle of water.At noon I eat rice with foods like meat, fish, eggs and vegetables and for dinner I continued to eat rice like lunch.I often eat unhealthy foods such as fried chicken, sausages, carbonated drinks, French fries,...I usually eat large portions every day.I want to change my eating habits because I want my health to be better.Unhealthiest foods are fried chicken, sausages, carbonated drinks, French fries…..

My parents eats a lot of healthy food and 2 days every month they will vegetarian. I often eat with my family, so our eating habits are similar.I think a person’s eating habits affect how long they will be because having bad eating habits leads to many diseases such as blood fat and heart diseases that negatively affect your health.

Different types of diets I knows are vegetarianism, eating more vegetables and fruits.I think Normal food is better because it is completely natural.Pho is a traditional Vietnamese dish, a very delicious breakfast and enough calories for a working session.Let me to introduce a traditional dish from my country.Pho is a traditional Vietnamese dish, a very delicious breakfast and enough calories for a working session.I think Organic food is much more expensive now because consumers are willing to pay a premium for healthy food.

That’s all about my topic.Thank you for reading.