**THE COLLEGE OF FPT POLYTECHNIC IN DA NANG**



**ASSIGNMENT**

**Writing Portfolio**



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**Subject: EngLish 2.2**

**Class: ENT14303**

**Lecturer: Trương Thị Hoàng Phúc**

Topic 1: What do you think people need to do to have a healthy lifestyle?

I need to eat healthily. Healthy foods such as vegetables, fruit, grains, etc., are an important part of keeping my body nutrition at its optimum. Processing fatty and sugary foods don't give the immune-boosting protection that healthier food does. Sugary foods can decrease immune function. I need to reduce my stress too. Stress can harm the ability of my immune system to work optimally, and people who are stressed tend to catch colds more than less stressed people. Manage my stress is contributing to prevent the flu. In addition, i eat more fruits to get vitamin C that might help me prevent the common cold, and i will also drink more milk, this will be help me healthy and stronger to prevent the cold.



Topic 2: Write about the personality of a person you know well

My roommate is an interesting person, and it is so fun to live with his. He is a student of FPT polytechnic. He is not a strict person, but he has a lot of rules when it comes to talking. He is a talking boy, and he loves to talk about almost every topic that he comes across on the social media. Besides, he is very friendly and outgoing. He like to make friend with many people so he can listen and talk about their stories. I feel lucky that I have a friend a like his, and I hope we can live together for a long time.



Topic 3: Describe an object in your own home.

I have an alarm clock. The clock on the outside is very simple. It is made of yellow plastic. In the middle of the clock is a large circle, with transparent plastic glass. Inside it is the number of hours from one to twelve arranged in a circle. There are also four different long and small needles. The big, shortest hand in red is the hour hand, followed by the minute hand which is slightly longer than the hour hand. The longest is the second hand. The fourth needle is the alarm needle, which is gray-black for easy identification. Since I have this watch, I am always on time in my daily work. The watch is an essential item that every family should have.



Topic 4: Discuss the impact of the internet.

The presence of the internet makes it easier for students to update information quickly. At all times, you can find out and update information, just electronic devices connected to the internet. The advent of internet technology plays an important role in the field of education. Help teachers and students easily find out and research more news through the Web site. daily life, but besides it still exists a number of different downsides. The variety of different games has caused some games to be experienced by some students. Therefore, making them neglect their learning, leading to unsatisfactory academic results.



Topic 5: Give your opinions about the actions like getting a tattoo, piercing one's ears or nose or dying one's hair.

Tattooing it does not make your personality worse or vice versa. It is simply your outer shell. Your personality determines who you are, not the tattoo on your body. If you want to know people with good or bad tattoos, simply play with them and see how they play. Want to know who they are, then contact and talk to them. Do not rush to judge others by their appearance. Don't look at the tattoo, look at the face. As for hair dye and ear piercing, it is now quite common. It helps to beautify and make a difference so it is very popular

