Date: 14/12/2017

Writing

You have received an email from a friend who wants to go on a diet to lose some weight. He feels very unsure about how to get started. Write her an email givimg her advice on what she can do to eat a healthy diet that will help him lose some weight

Dear Ben

How are you ? I hope you are in good mood. Your mother informed me yesterday that you have very poor eating habits. When I came to know about this, I felt very bad.  
I want to tell you that you should take care of your health by maintaining a habit of proper diet. You should avoid fast food because if you eat too much fast food, you will fall sick frequently. It will not provide you healthy food value, nor it will keep you fit. It will give you only taste. You must take breakfast, dinner and lunch at proper time and in right quantity. You should also develop a habit of doing physical exercise.  
So I hope you will do what I advised you.

With best regards  
Your loving friend   
 Olt