Topic 1: Write about your fitness and eating habits.

Hello everybody. My name is Truong, full name is Pham dong truong , I am 21 years old and I’, come from daklak province.

I have a healthy diet. I never skips breakfast.  
I started the morning with bread or noodle and milks or coffee. It is the most important meal during the day.   
I always have a big meal in the morning.  
In the evening, I eat not too much, because my stomach is not good.  
I never eat fast food or sweet candies or buys soft drinks. My diet include enough nutrients, it contains vitamin A, B3.  
 I tries to limit intake of fats, salt, sodium and sugar.  
 I loves fruits and vegetables. My favorite food is salad and tofu!