

Task 1: Dear Richard, I'm very happy to see you in England. Because of my work, I'm going to see you next week, about Saturday?. And this is the first time I've come to England so I want to stay for 2 weeks. Is that ok? In addition, I want to do many many things. As you can see, I want to visit some famous place like District lake, Big Ben.... After that, I will eat the food that I have ever eaten before. And you know, I'm a girl so shopping is my favourite hobby. I will buy some presents for my parents and my friends. I hope I can see you soon. Love you, Linh.

Task 2: A healthy diet is one that gives your body the nutrients it needs to function correctly. In order to get the proper nutrition from your diet, you should obtain the majority of your daily calories from fresh fruits, fresh vegetables. A healthy diet provides your body with the vital nutrients it needs to build and maintain healthy cells, tissues and organs, which are crucial for proper growth and development. It includes a variety of foods, such as fresh vegetables and fruits, legumes, nuts, whole grains, lean meats, fish, unsaturated oils and low-fat dairy foods. It doesn't include processed and refined foods that can undermine health. At the core of a healthy diet are food that are low in unnecessary fats and sugars but high in vitamins, minerals, and other nutrients. Besides being a great source of nutrition, fruits make tasty snacks. Choose fruits that are in season in your area. They're fresher and provide the most nutrients. Vegetables are primary sources of essential vitamins and minerals. Dark, leafy greens generally contain the most nutrition and can be eaten at every meal. A variety of vegetables will help you obtain the bountiful nutrients that all vegetables provide. As you can see, a healthy diet will help you get the nutrition you need while promoting your overall health.