

Task 1: Hi Richard, I will go to England to see you on November 21. I want to be there for some time, so I can relax after an exam. I want you lead me to the famous places and eat food in there. I hope that it's a exciting trip. See you soon. Yours bestfriend, YEN Task 2: " What is a healthy diet and why it is important to us".

This is a very interesting topic because it is close to life and our way of living everyday. The first reason, it's diet directly affects our health. Without a reasonable diet and adequate nutrition, the body will not develop normally. The body always feels tired and lost vitality. Second reason, it hampers our work. It make you feel drowsy, do not want to do something. Therefore, there must be a reasonable diet for healthy and make you feel mors love life