

Task 1: Dear Richard, I'm really looking forward to seeing you in England. I'm coming this Saturday and will stay there for about one week. I want to go see as many beauty spots as possible such as the Buckingham Palace, Big Ben, Fulham Palace,... I'd also like to go shopping and explore British cuisine. I have been wanting to do this since i was in high school. Can you be my guide? Hope to hear good news from you. Your friend, Trang

Task 2: A balanced diet needs to contain food from all the main food groups in the correct proportions to provide the body with optimum nutrition. It should also be made up of the correct number of calories to maintain a healthy weight, and be low in processed foods. Selecting lean meats instead of fatty cuts and whole-wheat grains instead of refined grains can lower your intake of unhealthy fats and increase your dietary fiber intake. Fresh fruits and vegetables contain less sodium than canned, and snacking on fresh, crunchy produce like carrots, apples and cucumber slices is healthier than the fats and salt in chips. Eating a healthy diet is important because it is part of maintaining good health, and can help you feel your best. By following a diet that is varied, covers all food groups and is low in undesirable nutrients such as sodium, saturated fats and sugar, you will have a healthy body. Besides, eating in this manner helps you maintain your body's everyday functions, promotes optimal body weight and can assist in disease prevention. A poor diet has been directly linked with diseases such as diabetes, heart disease and certain types of cancer. Trans and saturated fats are known to cause atherosclerosis, which is a major risk factor for heart attack and stroke. Plus, when i was in high school, I skipped meals, eat, really little food and the consequence was that I fainted in the Physical Education class. More over, diet may play an important role in mood and mental health. According to the American Journal of Psychiatry, a healthy diet is associated with a lower incidence of depression, anxiety disorders and dysthymia. In conclusion, a healthy diet is the basis for a well-functioning body and food is the source of energy for all of our bodily functions and directly affects how our bodies and minds function in every stage of life.