

Task 2: In My opinion, I think Watching television all weekend is not good for you. Firstly, It's pretty obvious that when you're watching TV you're not doing anything else. Time spent watching television is similar to being asleep (although you will see some other consequences below). The question is whether you want to spend even more time in your precious day asleep. Secondly, The health effects of sitting down We now live a more sedentary life than ever before with most people having jobs behind a desk. We compound this problem when we go home and sit down in front of the TV as well, because the electrical activity in our muscles stops when we're sitting. Research is showing even the most basic movement of walking or moving our bodies in subtle ways can make a big difference to our health. Next, Life is never going to be like a TV show and this can make people very disillusioned when they compare it with their real life. The messages within television imply on a regular basis that we're not pretty/smart/funny enough. Our lives can feel quite empty when compared to the perfection of the TV world. and finally, it degrades your self control and discipline. Thanks to the incredible psychological hooks that television uses, it's very hard to stop watching it. We lose our self control and cannot turn off the television even though we may want to. As this continues, our self control and discipline decrease even further and the harder the battle becomes.

Task 1: Dear Jan, I am very happy to receive your email, tomorrow is a great day because we will go to the cinema to see the film we like together. So, we will meet at the park. Ok? and which film do you want to see? There are many kind of film: thriller, ghost story, or comedy. I think we should see comedy film, It makes we relax. You will feel very happy and love life more. There are so many funny characters and lovely Do you agree with me? I hope you will have fun. Your best friend Nhung