

1) Dear Richard, I am very happy to have opportunity to visit you in England. I am going to go there by plane at 8 a.m. I am going to stay England for a week. I will visit some beautiful places and eat some traditional food. See you later. Love, Anna

2) In my opinion, healthy diet is important for us. Healthy diet is selective eating, which means that we eat food having many natural nutritions. So eating many vegetables and fruits in our meals everyday because they provide us good vitamins and fiber. Besides, limiting sugar and salt is esstential. Eating much them makes us have risk in diseases about heart, liver, brain and so on. They alo make our skin and hair older. Additon to medium protein and fat is one of good choice for health. Because they help our body develop and maintain cells and muscles. In conclusion, healthy diet helps our body guaranteeing nutritions and calories to life well so we should build a good diet and do it regularly to have nice health.