

Task 1: Hi Richard! How are you? I am very happy when I see you in England. I will call for you when I arrive. I want to stay a week. I want to go out many places there. We eat out together. your friend Hien

Task 2: A balanced 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, lean proteins, nuts, legumes, whole grains. Why a Balanced Diet Is Important? A balanced diet is important because your organs and tissues need proper nutrition to work effectively. Without good nutrition, your body is more prone to disease, infection, fatigue, and poor performance. Children with a poor diet run the risk of growth and developmental problems and poor academic performance. Bad eating habits can persist for the rest of their lives. How to Achieve a Balanced Diet? At the core of a balanced diet are foods that are low in unnecessary fats and sugars but high in vitamins, minerals, and other nutrients. The following food groups are essential parts of a balanced diet. Fruits, 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. Examples of dark leafy greens include: spinach, kale, green beans, broccoli. Meats and beans are primary sources of protein, which is essential for proper muscle and brain development. Lean, low-fat meats such as chicken, fish, and certain cuts of pork and beef are the best options. Removing the skin and trimming off any visible fat are easy ways to reduce the amount of fat and cholesterol in meats. The health and diet of the animal are important and influence the fatty acid profile of the meat, so grass-fed choices are ideal. Other good sources of protein, which contain many other health benefits, fiber and other nutrients, include nuts and beans, such as: lentils, beans, peas, almonds, sunflower seeds, walnuts. Tofu, tempeh, and other soy-based products are excellent sources of protein and are healthy alternatives to meat. Dairy, dairy products provide calcium, vitamin D, and other essential nutrients. However, they're also major sources of fat, so it's best to choose small portions of full-fat cheeses, and reduced-fat or fat-free milk and yogurt. Plant-based milks, such as those made from flaxseed, almond, or soy are typically fortified with calcium and other nutrients, making these excellent alternatives to dairy from cows. Oils should be used sparingly. Opt for low-fat and low-sugar versions of products that contain oil, such as salad dressing and mayonnaise. Good oils, such as olive oil, can replace fattier vegetable oil in your diet. Avoid deep-fried foods because they contain a large number of empty calories. If you have questions about your diet or feel that you need to lose weight or change your eating habits, schedule an appointment with your doctor or a dietitian. They can suggest dietary changes that will help you get the nutrition you need while promoting your overall health.