

Task 1: Dear Richard, How are you? I was going on a business trip in England in the following week. So I'll call you when I arrive. I'll be there about a month. I'd love to visit Windsor Castle. You can come with me? After going out with friends I would visit several acquaintances. Lovely friend Nhung

Task 2: Healthy eating is not one strict diet, losing weight up, or give up the foods you love. Instead, it's more about feeling great, have more energy, and stabilize your mood. If you feel overwhelmed by all the contradictory advice on nutrition and diet, then you are not alone. It looks like if there is one expert tells you a certain food is good for you, you will see 1 others say the complete opposite. However, using these simple tips, you can overcome the conflicts there and learned how to make a delicious diet, diverse, and healthy. Articles will include 10 tips are collapsed in three sections. Plan for a healthy diet with small steps, rather than a major change. If you approach the changes gradually and with commitment, you will form a healthy diet sooner than you think. Rather than worry about calories or measure calculated diet, think about the color, variety and freshness of the diet. Focus on finding foods you love and easy recipes incorporate a few fresh ingredients. Gradually, your diet will become healthier and more delicious. Try to change the diet for 1-2 days is not realistic and intelligent. Changing everything at once usually leads to cheating or abandoned earlier plans to your new diet. Implementation of small steps, like adding a salad (full of different color vegetables) to your diet per day or 1 time switch from butter to olive oil when cooking. As your small changes become habit, you can continue to add many new healthy choices in your diet. Not necessarily perfect and you do not have to completely eliminate foods you like to have a healthy diet. Long-term goal is to feel good, have more energy, and reduce the risk of cancer and disease. An important foundation for any healthy diet is moderation. However, what is moderation? In essence, it means eating only foods that your body needs. You will feel comfortable at the end of a meal. Moderation is also about balance. We all need a balance of carbohydrates, protein, fat, fiber, vitamins and minerals to maintain a healthy body. The goal of a healthy diet is to develop a diet that you can maintain for life, not just a few weeks or months, or until you have reached your ideal weight. For most of us, that means eating less than the current diet. More specifically, it means eating less unhealthy stuff (refined sugar, saturated fats, ...) and replace them with healthy foods (such as fruits and fresh vegetables). But it does not mean eliminating the foods you love. Eat bacon for breakfast once a week, may be considered to be moderate if you combine with a lunch and dinner, healthy, but not if you follow it with a box of donuts and cakes sausage pizza. If you eat 100 calories of chocolate in the afternoon, balance it out by subtracting 100 calories from your dinner. If you are still hungry, fill up with an extra ration of fresh vegetables. Abandon completely one kind of food will make you feel more added, gradually becomes tempting. Begin by descending and not eat them regularly. Eating unhealthy food once a month will not have too many adverse effects to your health. Think about the amount of food in practical terms, and subdivided. If you do not feel satisfied at the end of the meal, try adding green vegetables or rounding off the meal with fresh fruit. Healthy eating habits can be learned and it is important to slowly think about nutritious foods rather than just something to gulp down in between meetings or on the way to pick up the kids. Eating with others has many benefits, especially in terms of social and emotional, especially for children and allows you to get familiar pattern of healthy eating. Eating at the TV or computer use often leads to overeating 1 uncontrollably. Chew food slowly, savoring every morsel. We tend to rush, but forget to actually enjoy the taste and feel of food .. Ask yourself if you are really hungry. During a meal, should stop eating before you feel full. Reality will take a few minutes for your brain to signal your body feeling well fed. Therefore, eat slowly. A healthy breakfast can jumpstart your metabolism, and make small meals a day (instead of three large meals standards) helps increase energy and your metabolism. Try to eat dinner earlier in the day and

did not eat anything for 14-16 hours until breakfast the next morning. Initial studies show that only eat when you are active and require more energy for the digestive system a rest in one long time each day can help regulate weight. Avoid a snack before bed, because usually have more fat and calories.