Task 1: Dear Richard, Sorry it's taken me so long to write. It's great that I'm coming to see you in England. I will stay there for about 2 weeks. I want to explore your beautiful England and I will be happy if you help me that. I want to accompany you to go to visit the beautiful sights of your country. Then, we can sit somewhere talking to understand more about your country. Look forward to seeing you. Elise.

Task 2: Eating healthy is important for everyone especially teens. A healthy diet is the key to being fit. It is unlike any diet. You will feel so pure, balanced, and alert. It even prevents some health issues. You will love your body and your body will love you if you start eating healthy. There are so many different reasons why eating healthy is important. Why is eating healthy so important? Why does it do anything for me? It does so much for your body. It can prevent and control health problems. It has shown to help and prevent heart disease, high blood pressure, type 2 diabetes and even some cancers. It is not the same as going on a diet. Diets are temporary and make you eat less food rather than the right food. Dieting can cause your body to not get the nutrients it needs while eating healthy boosts and balances the amount of nutrients in your body. But how do you start your healthy diet? You have to aim for balance in the different food groups. Make sure you look for a variety, it helps you get the nutrition you need. Overall, you need to pay attention to what you eat. You need to stay balanced to make sure you have enough vitamin and minerals. It also improves your mood, helps you handle stress and gives you more energy. As a teenager it is even more important to eat healthy. You are growing. While growing you are hungrier because you need the extra calories to grow. If you over eat, not exercise and eat unhealthy it can cause obesity. You need to make healthy choices to avoid obesity. Eat healthy in meals and snacks. Try avoiding refined grains and high amounts of starch next time you're hungry, reach for something with whole grains such as oats. Eating healthy will provide the necessary nutrients that your body needs to function and create new cells. You will also have more energy and become more alert. While eating healthy you will need to have balanced and varied amount of each food group. Too much of America is already obese, why should you be? Overall eating healthy is something you must be doing your entire life and you don't need to change your entire diet abruptly, take it slow and change things one at a time. Eating healthy is important. It can prevent and control health problems. It can help you stay balanced and improve your mood. As a teen you need to be eating more because you are growing but that doesn't mean you can't eat a balanced diet. Eating unhealthy can lead to obesity and you must being doing this for the rest of your life. It provides the necessary nutrients that your body need to grow. But make sure you don't abruptly change your diet and make slow changes. A healthy diet is the key to a happy, long, fit life.