

task 2: A healthy diet is not a strict diet regime, the maximum weight loss, or from leaving the desert foods you love. Instead, it's more about feeling great author , 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. Apparently if there is an expert to tell you a certain food is good for you , you will see someone else say exactly the opposite . However, using these simple tips , you can overcome such contradictions and learn how to create a healthy diet. A healthy diet is important for our health because they needed additional substances to the body. Provide protein to rebuild the injured tissues and promote health immune system and provide the vitamin to absorb energy for the body. Hence the need to build a reasonable diet for each person guaranteed. Task 1: Hello. I'm wanting to England as soon as possible to meet you . Maybe a few more days I will buy tickets to visit you. I would stay there for a week because I want to visit anywhere in the country UK. I think it is a beautiful country and a lot of fun. Good bye my friend !