task 1 from : Hai To Richard Thanks for your note , sorry it is taken me so long to write I hope you are well , tomorow I will go to England because my family had wedding there . I will be there to play on week so we can see each other . Please let me know your free time ? I very want to visit this beautiful city . I want to admire clock tower BIGBEN , then I will visit your home . Look forward to seeing you soon Love , Hai Task 2 A healthy diet - eat sleep punctuality - enough to eat three mean a day - eat more vegetables and fruits - do not drink alcohol overdose - do exercise to healthy ... important because - healthy body - complete the work