

Task 1: Hi Richard, I'm glad you invited me to visit your country. I would love to go to England to meet you and to want to gave me a tour around the UK. this weekend I met you, aren't you? What you do bother to see me. I will stay two days because I had to go to school on Monday. I wanted to ask you and your family, to hear you introduce to your country. See you soon! Tuoi

Task 2: A healthy diet is very important for each of us. As you know the current rates of malnutrition rickets or obese accounts for a high percentage. Obesity leads to many different diseases as diabetes, high blood fats increase. Also malnourished body stunted, retarded. To have a healthy body balance, we need a reasonable diet. To see if you are really too skinny or not, we can based on the body mass index (BMI). BMI Calculation is taking weight divided by body height (in meters), for example: a people 1.7m tall, weighs 60 kg, the BMI = $60 / (1.72) = 20$, 76. Weight is considered normal BMI ranges from 18.5 to 24.99. BMI below 18.5 is underweight (skinny), over 25 is overweight and over 30 is obese. Skinny, underweight not only causes negative effects for health, but also make many people feel lost confidence in work and in daily life. May be too thin to be reduced exercise capacity, blood circulation is not enough to make patients can not get the job done or heavy exercise, which is why they are dizziness, vertigo, tachycardia when bodybuilding. To overcome the lack of balance, we first need to see a doctor to rule out certain diseases affect body weight, such as hyperthyroidism condition (with symptoms of dry skin, rapid pulse, rapid heart rate, causing the body to increase metabolism can not store energy), or diabetes (symptoms eat more, drink more, frequent urination, weight loss). The disease causes the body to lose weight and fatigue. After having eliminated the cause of pathologies, we need a diet and proper rest to gain weight the healthy way. Due weight rose only when absorbed energy greater than the energy consumption, so we need to pay attention to the following principles. Diet should ensure 70% of energy from lean protein (meat, fish), 20% of calories from carbohydrates (carbs) and 10% or less of calories from healthy fats. Snacks: In addition to the main meals, snacks are essential for those who want to gain weight. Should the choice of energy-rich foods to supplement nutrition for the body. Increase the number of meals a day: Instead of eating 3 meals, eat 5-6 meals a day. Eat more to body provided more energy for daily activities. We should eat healthy foods and nutritious snacks 2-3 interspersed with 3 meals. Snacks should also choose foods rich in calories. Snack before bedtime: Those with body wasting want to gain weight, the snack before bedtime to be encouraged, because the digestive system converts food more slowly when you are sleeping your body should make easy weight gain. A little healthy snack or drink one glass of hot milk will gain weight and sleep better efficiency. Choose high-calorie drinks: The energy drink will increase calories, helps to gain weight quickly. Should choose nutritious beverages such as milk or healthy and juice. Milk and fresh fruit juices to add calories and nutrients rather than just drink water. However, do not choose freshwater although calories, but not good for health. A suitable diet with nutritious foods and healthy physical activity combined to stimulate the process of eating will help us to effectively gain weight quickly. Good people stay healthy and body as desired.