

Task 1: Dear Richard, I am writing to respond to your letter asking information about my trip to your nation. Firstly, I would like to announce that I am going to your country this Sunday, which was forecasted to be a beautiful day for a flight. Besides, it will take me about four hours to arrive in England. Secondly, I have intention of staying in your country for about two weeks. During that time, it would be nice of you if you could take me to some famous destinations in your hometown. Moreover, I hope that you could bring me to several restaurants which have great reputation for their foods. I am looking forward to seeing you soon Yours faithfully, Huong

Task 2: In this day and age, a healthy diet is one of the most heated issues which are being debated ardently. To my general knowledge, a vigorous diet can be understood as the one that contains all the different nutrition in the right quantities which is beneficial to our health. From my point of view, a balanced diet, which plays a vital role in improving our health, is extremely significant. Firstly, healthy eating can help us control our weight. According to BBC News, a healthy diet is able to eliminate a notable amount of high-fat, high-calories in the food we consume. Secondly, it is believed that a healthy meal can decrease risk of heart diseases. Eating a moderate amount of healthful fats such as those found in olive oil, avocados, fish, nuts and seeds helps protect our heart. Besides, it is indisputable that healthy eating makes a great contribution to the decrease of cancer risk. All in all, a healthy diet plays a significant role in enhancing people's health, which means that the government should take some action to encourage their citizens to consume this kind of food more frequently.