

Task 1: Dear Richard, Thanks for your note. I write the email to tell you about all of things you want to know. Firstly, I am coming England on Monday morning next week. I have booked ticket yet and the flight is on Sunday. Hope to see you in the airport on Monday. About the time, maybe I am going to stay for a week because I am going to have to start a new project in my company next month. But don't worry, we will have many time together to go around in England. When I come England, I want to visit Big Ben with you and buy some souvenirs for my family and friends, and surely I want to enjoy food in here. That all I want to tell you. See you again in the England.

Susan Task 2: Eating is one of life's pleasures. You must eat to have nutrients, energy making a good health. However, you must choose the suitable food or meals to make you better, so what is a healthy diet and why it is important to us?. Firstly, don't eat too much or too little. You have to eat enough to avoid illness, have energy to work. If you eat too much, maybe you will be fat, but if you eat too little, you won't have enough nutrients and you are easily nutritional deficiency. Secondly, let's choose the food from the vitamins and minerals group like fruits, vegetables, yoghurt, chickens, eggs,.. instead of food having too much fatty and sugar food. Because vitamins and minerals will make you reduce the probability of may illness and delay the effects of aging while the fatty food and sugar food maybe make cancers for you. Thirdly, don't use alcohol and salt too much, because too much and too often can affect your health, waist-line and your feeling of well-being. And the last advice for you is that: Use the Healthy Eating Pyramid to assist in making your food choices and remember that the variety is important. In summary, a healthy diet has many benefits for you.