

Task 1: Dear Richard, How are you? I'm very happy because you are going to invite me to come England. I write this message to tell you that I'm going to go there in next month. When I come, I will drop in on you and I want you will lead me visiting all interesting places in there. Will you? I want to go to the Landmarks, Thames Rockets, Big Ben. These places are one of the most places I want to visit. I also like England food. I will try eating the most delicious food in there. And I will be introduced to London's culture, talked with native people in order to know thoroughly about their life. I want to stay there a long time but I have a lot of work in Vietnam. So, I will stay England about two weeks. I hope I will have a memorable experience with you in London. I'm impatient for the holiday in next month. I'm looking forward to hearing your reply. Goodbye Richard. Love, Quy

Task 2: Eating a balanced diet is the most important factor for a healthy life. Nutritionists have advised of eating a healthy diet. So, what is a healthy diet? This diet in fact is including of the five main factors of food, and people should eat it within limited number. A balanced diet needs to contain foods from all the main food groups in the correct proportions to provide the body with optimum nutrition. It should also be made up of the correct number of calories to maintain a healthy weight, and be low in processed foods. Every person is different and hence the correct diet for health may vary from person to person, however by following a diet that is varied, covers all food groups and is low in undesirable nutrients such as sodium, saturated fats and sugar, you are well on your way to a healthy body. I completely agree that there are many advantages of balanced diet, which plays an important role of healthy life. First of all, because this diet consists of the main nutrients, which are proteins, carbohydrates, fats, vitamins and minerals, the body can gain the whole needs of them and support it to work properly. This leads to have healthy nutritious organs and tissues. For example, if children don't have a healthy diet, they will run the risk of growth and developmental problems and poor academic performance. Bad eating habits can persist for the rest of their lives. Secondly, due to the increase number of illnesses around the world, a well-balanced diet is able to protect the human's body from the widespread diseases. Cancer is, for instance, a common one among people. Eventually, if a person strengthens his immune system from an early age by eating balanced diet every day, it is definitely difficult to be affected with these diseases or even the chronic pains. To conclude, the balanced diet has brought plenty of positive effects, so once the individual maintains on this nutritious diet, the potential cause of having any disorder would be rare. Nevertheless, those people, who are against eating balanced diets, might understand the value of this diet in future.