

Task 1: Hi Richard Next week, I'm going to start with the summer holiday so I'll go to visit England next Saturday. I'll stay within one week. We'll travel together, right? I hope visit Big Ben with you. We can go to the cinema and go shopping. I'd like visit the sport club near your house, and I think it's very nice place. There's a swimming pool near the motorway. Why not go at lunchtime or on Saturday? See you, Lan Anh

Task 2: A healthy diet is one that helps to maintain or improve overall health. A healthy diet provides the body with essential nutrition: protein, vitamins, minerals and calories. Most of people said: "A healthy diet is important to us". Firstly, the nutrients in the foods you eat support the activities of day-to-day living, protect your cells from environmental damage and repair any cellular damage that might occur. For example, Vitamin A help us have a lot of power. Calcium keep your bones strong. Secondly, a healthy diet make us control our weight, which is very important. Everyone wants to a good body so we must have a reasonable diet and do regular exercise to burn calories. Finally, we eat sensible, which help prevent disease. When we eat enough nutrients, we have a healthy body and not disease. I think we should have a healthy diet because it is important and necessary!