

Task 2: Healthy eating is a selective eating, eat foods rich in natural nutrients. It is eating the good fats are derived from plants such as olive oil, soybean oil ,. . . Limiting the harmful fats found in butter, animal fat because you eat more at risk of cardiovascular disease, stroke. Eat protein, fiber, sugars benefit. Healthy eating disease risk diminished tat.Nhung obese or overweight people no risk all like coronary heart , stroke , cancer , type 2 diabetes , high blood pressure , high cholesterol and osteoarthritis . Nh?ng diminished risk to health , maintaining an unhealthy diet is much the charity function trong.Cai naoChe appropriate nutrition and healthy eating habits im possible to improve health of the brain. Food sources of vitamin B include leafy green vegetables , and whole grains . Omega-3 fatty acids in vegetable oils and green vegetables help improve memory and combat psychological disorders , dementia and depression theNguon cam.Protein good for fatty protein in fat meats or sausages , accumulation may contribute to "bad" cholesterol . High fat in your diet makes you consume more calories than you really need . However , not all proteins are bad . In lean protein is one of the important nutritional component of a healthy diet , helps improve health and prevent diseases related to the heart. So in your meals , keep lean protein sources such as lean chicken , lean beef , fish and nuts to meet protein needs The majority of forms , Balance and Moderation , the important factor for healthy eating . That is why each of us needs to develop a healthy diet , appropriate to ensure the health of themselves and their families.

Task 1: Hello Richard! I'm preparing for the flight to his England next week. I had booked airline tickets on the day 5-7-2016. I want to visit you and visit this beautiful country of about 1 month. I want to enjoy the cuisine of your country, visiting the famous sights here. And especially, I want to visit you and your family. I'm looking forward to your travel date. Looking forward to seeing you. Good bye and see you again! Thanh Thuy