

Task 1: HaNoi, 26th June, 2016 A beautiful sunny day Dear Richard, It's me, Linh. Long time no see, right? I miss you so so much! During my summer vacation, i decided to take a plane to see you in England. Surprise! I'll come with my family in 2 weeks later. Maybe, we'll be here for a month. We want to enjoy our trip by visiting some famous landmarks in England. such as Big Ben, Towel of London, London Eye and Natural History Museum as well. Can you suggest me some more ones and be our tourist guide? Hope to see you soon. Love, Nguyen Dieu Linh

Task 2: In my opinion, a healthy diet should provide us with the right amount of energy (calories), from foods and drinks to maintain energy balance. Energy balance is where the calories taken in from the diet are equal to the calories used by the body. We need energy to carry out everyday tasks such as walking and moving about but also for all the functions of the body we may not even think about. Processes like breathing, pumping blood around the body and thinking also require energy. Apart from breast milk as a food for babies, no single food contains all the essential nutrients the body needs to be healthy and function efficiently. The nutritional value of a person's diet depends on the overall balance of foods that is eaten over a period of time, as well as on the needs of the individual. A healthy diet is likely to include a variety of foods, from each of the main food groups, as this allows us to get all the nutrients that we need. In fact, a healthy diet, as well as a well-balanced diet, is always important to any of us. Here are some reasons to prove this. First, it prevents diseases and infections. A well-balanced diet helps your body fight many diseases and infections. When the body receives enough nutrients, the immune system functions well, which prevents infection, reduces the risk of chronic diseases like cancer, high blood pressure, diabetes, and heart disease, as well as prevents seasonal allergies. It also helps control weight as well. Secondly, it promotes healthy body growth. Obtaining the essential nutrients does not only promote fitness and prevent disease; it also helps the body to grow and maintain proper function. A balanced diet is therefore important especially for growing children and adolescents. Last but not least is that it helps promote mental health. Eating a well-balanced diet helps promote good mental function, boosts energy, enhances memory, and reduces the risk of mental disorders. In brief, we should maintain a healthy diet because of its importance.